

Intermediate Aerial 1.5 Hours

Warm Up		20 Min
Explain Rules		•Be Warm • Be Respectful • Be Aware
<u>Active Warm Up</u>	•Running:(High Knees, Kick Butt) •Sashay •Bear •Hopping •Jumping Jacks •Skipping Rope	
<u>Stretching</u>	Include Every Body Section: •Hips •Legs •Back •Shoulders •Wrists •Ankles	
<u>Shoulder and Lat</u>	Hands to Plank at Elbows • Plank Knee To Same and Opposite Elbow • Plank Touch Hand to Opposite Shoulder	
<u>Body Position Flexibility</u>	Awareness of Shape & Engagement: •Hollow Body •Tuck •Pike •Straddle •Lunge •Point •Flex •Splits •Straddle •Froggy •Bridge •Pike	
Equipment Warm Up		15-20 Min
Trapeze	•Shoulder Shrugs in a Hollow Body •Beats: Plank, Hand Switches, Toe Touch, Beat to Pullover and Pike Down to Beat, Knee Hang Beat to Touch Toes •Keen hang/Single Knee hang	
Tissue	Climbs: •Russian, French, Opposite and Same Side on Both Sides, Pike or Straddle, Double Knee Hook, Bicycle, Fly "Spider-Man" Beats: Plank, Toe Touch, Straddle, Box Inside, Box Outside	
Skill Training		35-45 Min
<u>Reductive Skills and Fundamentals</u>		
Fabric	•Climb w/ Good Form (No 'Body Wave', Shoulder And Core Engagement, Hollow Body) •Hip Key (From Fan) •Opposite Side Climb to Hip Key •S-Wrap •Eggbeaters •Beats: Plank, Toe Touch, Straddle, Box Inside, Box Outside Terms and Positions : Flamenco Hand •Arabesque •Crucifix •Double Crucifix •Double Crochet	
Trapeze	•Beats: Knee Hang, Plank, Toe Touch, Straddle Pull Over: From Hang, From Beat •Front Balance •Hip Hang •Back Balance •Hip Key In Ropes: From Opposite Side Knee, From Fan •Single Knee Hang: Free Leg Straight to Front, To Side, To Back and Reverse. Switch Sides Without Using Hands to Reset	
Rope	•Understanding: S-Wrap, Same Side, Opposite Side, Hip Key	
<u>Suggested Sequences/ Skills</u>		
Fabric	Climbs: Russian, French, Opposite and Same Side on Both Sides, Pike or Straddle, Double Knee Hook, Bicycle, Fly "Spider-Man" Drops: 360: Locked and Unlocked, Double Star, Infinity, Add Front Balance Drop to Knees Hip Key To Sit, aka Pretty Lady Same Side Climb to Sit, Add Pull-Over To Knee-Drop 1/2 Monty to Aerial Dance Wraps Triangle Split, Miracle Split with Emphasis on Tension in Fabric and Maintaining Height Split Drop to 1 Ankle, Mermaid Out	
Rope	Jaron Rope Sequence	
Fabric/Rope	Hip Key Roll Up (To Shoulder) Ginger Slack (IE: Hip Key Roll-Out) Hip Hop Climb (Outside Box Beat, Hook Knee and Climb Over, Repeat) Back Balance, Front Balance, Combined Front to Back Balance	
Trapeze	Up Down 1: Pike to Bar, Pop Knees, Hands to Ropes, Slide to Sit, Back-Roll to Stand in Releve Up Down 2: Pike Under Bar (Feet Do Not Touch), Knee Beat, Rock and Roll To Sit, Pull Up To Stand, Bent Arm Inversion in Ropes, Forward Roll, Crucifix, Tempo to Sit, Bird's Nest, Lift to Pike, Tuck Down	
Conditioning		10-15 Min
Trapeze	Beats, Tuck/Pike holds, Pike Pull Ups, Sit to Stand, Pull Ups	
Fabric	Beats, Tuck/Pike to Hollow Body in Knot, Holding Hollow Body in Knot, Climbs	
Stamina	Staying in the Air and Performing to an Entire Song	
Emotion	Practice Moving to Different Music, Find the Rhythm and Feel of Song, Character Work: Same Moves Performed with Different Intentions	
Ground	Hollow Body Holds, Plank Holds, Rotator Cuff, Thera-Band	

Aerial Fundamentals

Learning The Foundations of Vertical and Bar Apparatus with Good Form and Technique
 Developing Awareness of Taking Smart and Safe Risks
 Developing Awareness of Correct Body Positions
 Understanding of Terminology