

AERIAL LEVELS

Before booking your classes it is important to make sure you have mastered some essentials before progressing to a higher level. This is for your own safety, the safety of your instructor and other class members. We encourage you to be honest with yourselves and follow our guidelines set out below to help you progress correctly and to avoid injury and confidence issues. If you are unsure or would like some guidance please talk to Gem or your instructor and they will be able to point you in the right direction.

Beginners – All levels welcome

Beginners 2 - I have completed Beginners and I can **confidently** do a;

LYRA

- Baseball invert
- Hocks and single and double
- Man on the moon

SILKS

- Climb to top
- Invert without Knot
- Star sit with knot
- Foot Lock

Intermediate 1 – I have completed Beginners & Beginners 2 and I can **confidently** do a;

LYRA

- Inside Mermaid to pike
- Kitty cat invert to straddle
- Genie in a bottle
- Single Hock to split
- Hocks beat to sit

SILKS

- Braid
- Inside leg hang
- 360 knot drop
- Invert to straddle hold - 3 secs

Intermediate 2 – I have completed Intermediate 1 and I can **confidently** do a;

LYRA

- Invert to top bar without toes
- Straddle balance
- Amazon
- Vine climb
- Sit to cannon ball

SILKS

- Aerial Invert - side
- Single foot lock
- 5 long hang Beats
- Double Foot lock
- Inside leg hang with wrap

Intermediate 3 – I have completed Intermediate 2 and I can **confidently** do a

LYRA

- Belly Balance
- Gazelle
- Thread Through
- 5x Toes to bar
- Hip hold? No hands

SILKS

- Belay
- Outside leg hang with wrap
- 360 drop
- The X
- Flamingo Series - Arabesque> Starfish> vertical hang> Knee hang

Pre-Advanced – I have completed Intermediate 3 and I can *confidently* do a;

LYRA

- Roll up mount
- Half Back Balance
- Single leg Scarab
- Single Hock Feed to Straddle
- Single hock unlocked

AND

- I am Enrolled in a Flex class

SILKS

- Hip lock Both sides
- Triple ankle wrap
- Sideways Straddle
- Cross Back Straddle
- Tick Tock

Advanced – INVITATION ONLY