

SILK SKILL LEVELS

Beginner

Demonstrated Skills Required to advance to next level.

- Clean and controlled russian and standard climbs to the top, with controlled descent
- Hip Key from the air (bent legs are acceptable)
- Tie single and double Footlocks from the air cleanly
- Perform Ball Inversions
- Instructor Approval

Beginner / Intermediate

Demonstrated Skills Required to advance to next level.

- Beginning aerial inversions (bent arm, bent knees acceptable)
- Cross-Back Straddle
- Familiarity with Dynamic moves
- Ability to sequence moves together
- Hip Key from the air (straight leg fan)
- Instructor Approval

Students that complete one full session of Intermediate may enroll in Aerial Art & Tech Lab with Instructor approval.

In addition to skills, students must also demonstrate stamina, strength, form, attention to safety and attention to instruction in class. Instructor has final approval.

Intermediate

Demonstrated Skills Required to advance to next level.

- Saltos
- Drops
- Same-Side, Opposite-Side Wraps, S-Wraps
- Comfortable inverting from the top of the silks
- Experience with sequencing
- Able to remain on silk for 2+ min
- Instructor Approval

Intermediate /Advanced

Examples of moves covered in this level

- Skills from inversions
- Swivel Hips
- Wheeldowns
- Hip Key Roll Ups
- Beats
- Straight arm/ straight leg straddle ups
- Theatre, Musicality, Improv
- Sequencing