



Class Structure: 10m Warm-up / 10m Conditioning / 30m Skill Building / 5m Review / 5m Stretch

Conditioning		Notes:
	Pulling Taffy	Strength Focus: Building grip strength. Gradually introduces the hands maintaining the body's weight as as the weight is shifted off center from the feet. Introduce wrist wraps to assist those that struggle to maintain their grip throughout the exercise.
	Shoulder Shrugs	Strength Focus: Feeling scapula movement and proper shoulder position while hanging from long arms. Students should keep toes on the ground in a seated position during this exercise. Movement should be small with no flexion in the elbow. <i>*Note: Do NOT cue shoulders down and back!*</i>
	Long Arm Lifted Hang	Strength Focus: Coordinating grip, shoulder, and abdominal engagement. After completing shrugs, find the appropriate shoulder engagement. Do leg marching and prancing as a progression to a full hang.
	Bent Arm Lifted Hang	Strength Focus: Building bicep endurance to take on full body weight. Do leg marching and prancing as a progression to a full hang. For bent arms, having the shoulders down and back is an appropriate engagement while holding the position.
	Rows	Strength Focus: Building strength while transitioning from bent to long arm positions. Wrap the hands from kneeling to make it easier, wrap from sitting to provide a better challenge.
Climbs & Descents		
	Basic Climb	Learning Focus: Getting the stand wrap with weight slightly off center while maintaining abdominal engagement. Use hip shifts to practice moving from long arm/bent arm positions while climbing. Many will need a lot of time before this climb is successful.
	Elevator Descent with Long Arm Hang	Learning Focus: Transitioning to taking the body weight into hands for doing things in the air. After descending and getting about a 12-18 inches from the floor, reach the hands straight up to hold each pole of the fabric and bring the shoulders out. Release the feet and see if the students can hold on for 3-5 seconds.
	Little Russian Flirt	Learning Focus: Finding the tail from a tilted position and placing in the hip crease. From sitting in a Russian climb, lean away from the base foot to find the tail. Pull the tail inbetween the legs and put it on the opposite hip of the base foot. Keep the leg lifted (bent or straight) as you stand to keep tension on the tail over the hip.
Single Foot Lock		
	Lady Like	Learning Focus: Shoulder and hip block position. This position should feel very similar to the Elevator Descent position, but is more difficult to keep the hip block since the base position is a foot lock instead of a basic stand wrap. If the pole of the fabric do not stay on the inside of the hips, the student will possibly have the fabric pop off and let their hip come through the center, putting them at risk for falling forward out of the wrap. Really ensure that the student had a good hip block with a nice squeeze in the thighs before taking the shoulders through the center.
	Airplane	Learning Focus: Shoulder block and body weight counter balance. This position can be found right after the Lady Like by keeping the hands on the poles as the crossed leg is released and the weight is shifted backwards. Once the tension is behind the shoulders and the weight is settled back, this can be a hands free position. Be sure to keep a nice open chest and don't let the tension of the poles cause the shoulders to round forward.
	Split Pole Arabesque	Learning Focus: Taking the torso through the center of the poles. This transition can be a little confusing, but it is important to cultivate taking the torso ONLY through the center and then shifting the weight to the side to counter balance. If the right leg is footlocked, then the back should end up on the right pole. This can also be an opportunity to start introducing the flamenco grip as a torso passing transition to avoid releasing the grip.
	Skater/Skater Press	Learning Focus: Taking the free leg and shoulder through the center of the poles. This position is kind of the opposition of a Split Pole Arabesque where the back will end up on the opposite pole as the foot lock leg. So if the right foot is in the foot lock, the left leg and shoulder will pass through the center and the back will rest on the left fabric pole. This is one of the more natural positions for students to find. To change it to a Skater Press, use either the hands or the free leg to push on the opposite pole. Finding the appropriate exit from skater will also clear up confusion when learning how to exit a Pinwheel.
	Cocoons in a Single Lock	Learning Focus: Finding the edges and opening up the panel of the fabric. Introducing this skill from a skater position is usually one of the more stable positions for students to explore. Giving the option of opening up the fabric in front or behind the aerialist and then bringing the edges together. Stay standing or find a sitting position. Encourage students to get a little modern or weird here. This skill can bother some students ankles if they take a lot time to open the fabric or if they let their ankle engagement lax when they move into a sitting position.
	Pinwheel	Learning Focus: Horizontal rotation and transitioning between long/bent arm positions. This skill will likely require the most spotting for students that do not have the strength to transition from bent to long arm positions effectively. Keeping both hands on the same side pole as the foot lock leg and continuing the whole body (shoulders and free leg) through the center of the poles until the chest is turned to the ceiling. Press the wrap down to the ankle with the free leg and lift to put the belly back on the pole of the fabric that the hands are holding. Start with one wrap and ensure the student can exit the foot lock correctly.
End in a Knot		
	Double Knee Climb Drill	Learning Focus: Bringing the knees through the center and getting a good lift for a knee pinch. Begin in a back pack position with the knot on the mid-upper back. Take both legs through the center of the poles and lift to hook both knees on one side. Walk the hands up so the shoulders and knees are almost the same height. Straighten the legs to exit the knot and start again.
	Crochet Climb Drill	Learning Focus: Finding the rhythm of dropping the leg as the shoulder and hand reaches up. From a straddle position, crochet both legs. Choose one leg to unwrap and drop towards the ground. As that leg drops, reach the hand and shoulders up as high as possible to tap the fabric. Let the shoulders drop, re-crochet the leg and repeat on the other side.
	Single Foot Lock skills on Knot	Learning Focus: Converting the skills from this lesson to skill done standing in a knot. Have students try Skater/Press, Lady Like, Airplane, and Split Pole Arabesque from standing in the knot. You want to lower the knots for this! After successfully finding the skills in footlocks, review them from standing in a knot. This is a good modification for anyone that has low endurance for being in footlocks too long.