



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 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. **Note: Do NOT cue shoulders down and back!**

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.

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

Learning Focus: Shoulder and hip blocking with tail control to descend. Once in a stand wrap in the air, separate the fabric and sneak one shoulder at a time through the middle. It helps to lean to the side to create space for the second shoulder. Keeping the chest lifted, use the feet to control the tension of the leg wrap to slowly descend. Practice starting and stopping.

Russian Ball Climb

Learning Focus: Getting comfortable tilting to each side and using the lever arm. From a sitting position, hold one arm at face level and lean to the side until fully extended. Keep the knees tucked and the tail in the hip crease. Bend the arm to pull back up to the starting position.

Single Foot Lock Sequence

Single Tail Lock

Learning Focus: Work on tying footlocks from standing. Emphasize the figure 8 and that the pole should run through their center.

Mermaid

Learning Focus: Getting comfortable with an around the back hold. Start with the same arm as the footlock leg being the top arm in the around the back hold. Keep the top arm rotated so that the elbow points forward and keep the bottom arm engaged keeping lots of tension to support the body weight. Put the free leg on top of the footlock leg and turn the hips to the floor.

Cross Knee Hang

Learning Focus: Creating a leg block to support the body. From a sitting position cross the free leg over the footlock leg, squeezing the thighs together as much as possible. Use the free tail to lower the torso until fully inverted with the pole of the fabric pressing on the crossed leg. Encourage students to play with where the placement feels good for their leg. Some people like it more on the thigh while others feel secure with it at the top of the calf.

Leans Review with Single Tail Lock

Learning Focus: Moving skills to different base wraps. Take the single footlock skills worked on the previous week and have students review finding them again in a single tail lock.

End With a Knot

Catchers/Double Knee Hang

Learning Focus: Getting the fabric pinched behind the knee without a gap. From a straddle position take both feet into crochet legs and pull the heels towards the glutes to a solid knee pinch. Hips should be neutral and not externally rotated. Catchers wrap going over the top of the thigh, around the back, and over the opposite thigh.

Pendulum Reach

Learning Focus: Using momentum to assist the abdominals to reach above the knees. From the catchers position, swing the torso back and forth. When some momentum has been generated reach up as you swing forward to grab the fabric as high above the knees as possible.

Pike to Climb Above

Learning Focus: Driving the heels to the floor to help lift the torso fully upright. After the pendulum reach, straighten the legs and drive the heels to the floor as the arms pull the torso fully upright and out of hip flexion.

Tilt Up Drill

Learning Focus: Core engagement as legs drop and the torso lifts to an upright position. Starting in a straddle in the knot, lift the heels towards the ceiling to start the body to tip upright. Continue to drop the legs and come fully upright as slow as possible.