



DRAGONFLY™ Aerial Company

Lesson 17 Progressions

Article: Strong Core: Don't Forget Your Pelvic Floor

Class Structure: 10m Warm-up / 10m Conditioning / 25m Skill Building / 10m Free Play or Games / 5m Stretch

Conditioning & Climbs

1)	Pulling Taffy	See Week 1
2)	Lifted Hang	Make sure to do "one arm" lifted hangs on each side as well.
3)	Basic Climb Alternating Legs	See Week 1
4)	Russian Climb Alternating Legs	See Week 1
5)	Ball Rockers with Legs Down in Between	Come fully upright before tilting back.
6)	Pike Pistons	See Week 2 but execute in Pike, finish one move before executing the next.
7)	Basquel to Crochet- ADD KNEE HOOKS	Introduce the idea of fewer "points of contact" for security.
8)	Basquel Drills In the Air	See Week 5
9)	Summersault Climb	Bring Hips over wraps and fall forward

Inversions From Ramone

1)	Ramone	Insure they are wrapping the knee and letting the knee take the wrap back.
	Drop	
1)	Loop Drop	Stay Horizontal with an open hip and a counter balance
	Floating	
1)	Knee Tangle	Clear hips and fall forward for the turn