

Pulling Taffy



Prerequisites:

None, fundamental stretching and grip warm up. Great for before and after training.

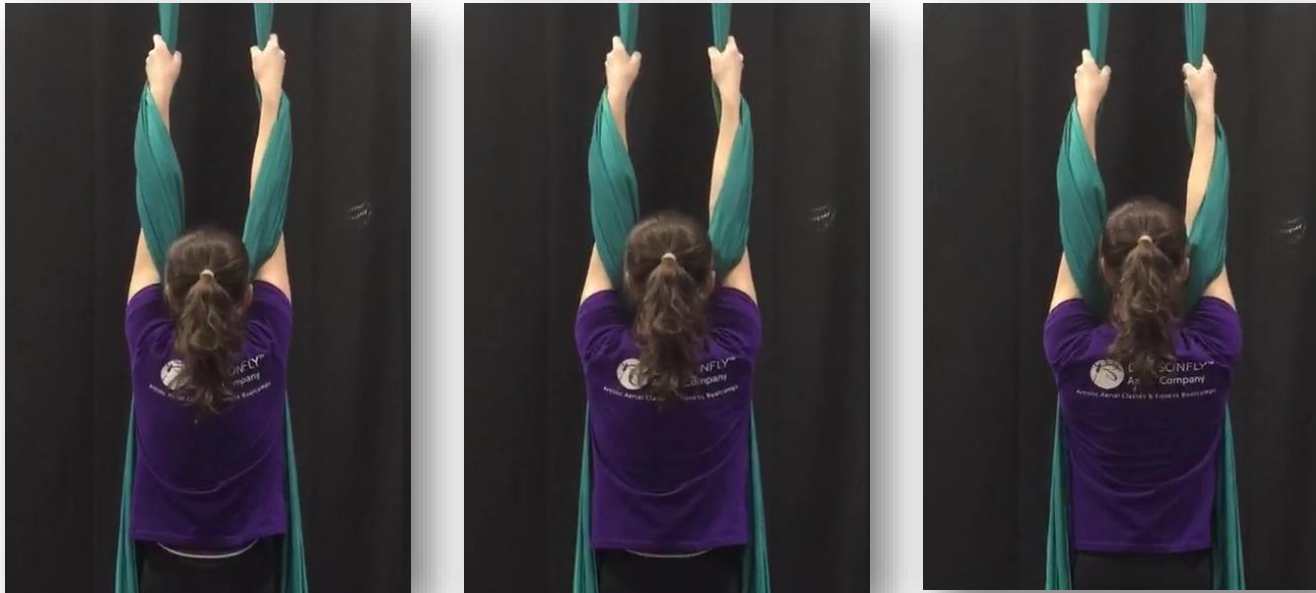
Sequencing:

None

Coach's Notes:

Go ahead and sink into shoulders to get the longest stretch and really roll in a wide circle in order to get the best oblique stretch. Be sure toe rotate in both directions an equal number of times.

Shoulder Shrugs



Prerequisites:

None, fundamental stretching and grip warm up. Great for before and after training.

Sequencing:

None

Coach's Notes:

*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: three pictures show fully elevated, elevated but engaged, and fully depressed shoulders. The middle picture is the correct position for long arm hangs.*

Long Arm Lifted Hangs



Prerequisites:

None; Fundamental beginning shoulder placement exercise.

Sequencing:

None

Coach's Notes:

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

Basic Climb



Prerequisites:

Lifted Hang

Sequencing:

Single foot lock, Ship's Prow, Back Stag

Coach's Notes:

Suggested first climb to teach. Keep chest lifted and head up. Essential for foot locks and descending. Avoid sickling of the feet. Pull up with the base foot and press down with the top foot to secure the foot hold.

Russian Climb



Prerequisites:

Lifted hang and the ability to bring the knees to chest in a lifted hang.

Sequencing:

Russian climb, one arm lifted hang, hip key, spin, secretary.

Coach's Notes:

Keep shin against the fabric with knees as high as possible to chest when clamping the fabric. Scoop and stomp tightly, no slack in fabric.

Classic Single Foot Lock



Prerequisites:

None

Sequencing:

Single foot lock, back stag, pinwheel, ship's prow.

Coach's Notes:

Mental image is a figure 8. Start from the wrap of a Basic Climb. Using hands to wrap the lock and then working on using the free leg to wrap the lock.

Fabric from arch of foot up through center. Inside of the foot, not the outside. If the fabric runs up the outside of the foot, do not let the students stand in it or go weight bearing until it is fixed.

Ship's Prow



Prerequisites:

Foot lock

Sequencing:

Basic climb, foot lock, Ship's Prow, Back Stag, Katniss Press.

Coach's Notes:

Reach arms high with a normal grip on the poles and let the shoulders/elbows pass through the center. Stay lifted in the shoulders during execution and be sure to keep the hips squared.

Only lean as far forward as the student can safely pull back up from.

Back Stag



Prerequisites:

Foot Lock

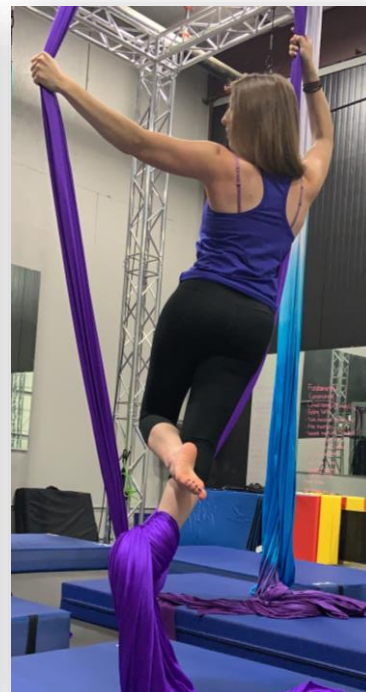
Sequencing:

Basic climb, foot lock, Ship's Prow, Back Stag, Katniss Press.

Coach's Notes:

Push arms and locked foot forward, keeping everything straight and in full extension. Lean the hip and free leg away from the fabric. Free leg can be bent or straight.

Katniss Press



Prerequisites:

Foot Lock

Sequencing:

Basic climb, foot lock, Ship's Prow, Back Stag, Katniss Press.

Coach's Notes:

From a standing position, shifting weight right or left from center. Emphasize strong wrist position with a nice line extending from the knuckles to the shoulder. Like holding a bow and arrow.

Knee Tucks



Prerequisites:

None, fundamental stretching and grip warm up. Great for before and after training.

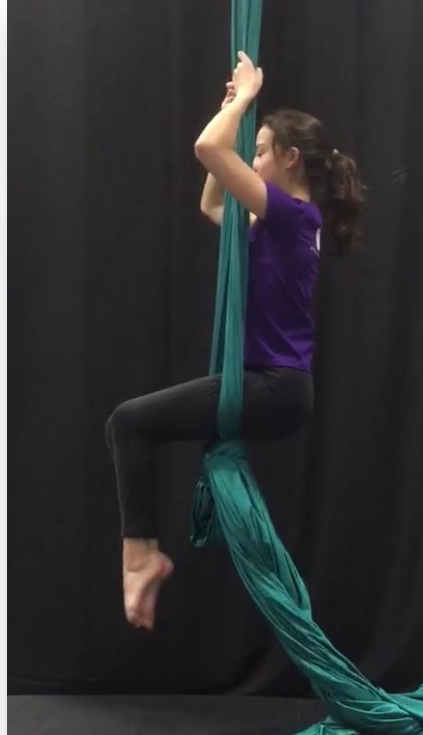
Sequencing:

None

Coach's Notes:

*Lifting knees to chest from backpack position. Building abdominal strength to pull the knees into the chest. This is a good gauge on how much established strength students will have for tuck inversions. *Note: Use observations here to plan for the wrist lock inversions introduced next week.**

Sitting in the Knot



Prerequisites:

None, fundamental position to work in the knot or hammock.

Sequencing:

None.

Coach's Notes:

Position the knot under both thighs. Show multiple entries to ensure success for varying strength levels in class.

Hip Key from Knot



Prerequisites:

Sitting in the Knot

Sequencing:

Hip key to Sitting to Back Pack position.

Coach's Notes:

Position of knot under one thigh. Lift the free leg towards the ceiling and turn into the pole of the fabric until the legs meet. Do not take the leg through the center of the knot. The pole of the fabric should come across hip bones.

Stag/Straddle/Gazelle

Last Updated: 1/28/2020



Prerequisites:

Ability to get into sitting in the knot.

Sequencing:

Hip Key, Sitting, Straddle, Stag

Coach's Notes:

*Position of knot on sacrum. Emphasize engaging the core for a nice flat back and actively engaging the legs towards the floor. To slowly progress into this shape the students can find a crow pose (knees bent with torso parallel to the floor) then frog pose (knees bent with body inverted) before extending the legs into a straddle. *Note: Sacrum placement removes sheering pressures from the vertebrae of the spine!* For Stag and Gazelle positions, emphasize no gap between the knee and the fabric for both positions. Take the free leg behind and engage the glutes to open the hip and create a nice line.*