



Class Structure: 10m Warm-up / 15m Conditioning / 35m Skill Building / 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.

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.

X-Front Pull Over from a Knot

Strength Focus: Building strength to hold the fabrics in position while the legs tuck into an invert. Keeping one hand behind the poles, take the other hand around to the other side, each hand holding the opposite pole (right to left, left to right). Engage the arms and pull them out to the side to create an X. Once the X has been created, tuck the knees up and invert so the hips rest on the X that was created.

Climbs & Descents

Crochet Climb

Learning Focus: Getting the hand reach and hip lift high to make into a climb. The knot and wrist lock drills should have prepared the student for the timing and engagement that needs to happen. In order for this to become a climb, the body needs to see-saw up with the shoulders lifting high as the hands reach and the hips lifting high as the leg crochets.

Elevator Descent with Leg Wraps

Learning Focus: Maintaining grip and shoulder position as the legs manipulate the tails. 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 wrap each leg on its own individual tail. Try to do one leg, then unwrap and try the next.

Double Foot Locks

Cross Back Entry: Shoulder Pull

Learning Focus: Creating the X behind the head and pulling the shoulders on top of it. Theoretically this is the reverse of creating the X done in the knot during conditioning. The hands/arms still need to be opposite, but instead of seeing the X in front of you, it will be behind. From double foot locks, get the arms in the right position and arch forward, being sure to keep the legs together and hips in extension. As you pull the body back upright/neutral, open the arms and squeeze the shoulders through, still keeping the legs closed until the shoulders pass.

Cross Back Entry: Arabesque

Learning Focus: Creating the X by using an arabesque shape to get one fabric in place before the other. From a Sous Sus Balance, take the opposite hand of the back leg through the middle of poles and hold the pole behind the head. Be sure to shift the body far enough so the pole is in the armpit. Then take the front leg and swing it to the back and bend the knee, this should create enough slack for the free arm to reach it and pull it into the armpit on the other side to create the cross back.

Cross Back X-Position

Learning Focus: Shifting the legs apart to get the fabric about the glutes while keeping the abdominals in a strong, engaged position. Once in a cross back, finding the X Position is pretty straight forward. The body's arms/legs need to extend out to form a nice big X. However, placement of the crossed fabric should be above the glutes on the low back. The abdominals should be engaged pushing the low back into the X.

Cross Back Mermaid

Learning Focus: Shifting the body to be horizontal to the floor. With the legs together (not in the X position), get the cross BELOW the glutes. Holding both fabrics, shift the body weight backward so that your line becomes parallel with the floor. You can hold on with just one hand and open out to the side.

Cross Back Knee Hang

Learning Focus: Shifting the body to be horizontal to the floor. With the legs together (not in the X position), get the cross BELOW the glutes. Holding both fabrics, shift the body weight backward so that your line becomes parallel with the floor. Once you have leaned back, the cross should be about at the knees. Sitting the booty back, bend at the knees until the heels are close to the glutes, slowly release the hands. This position is only secure if the cross has stayed above the calf towards the knee pit. If the cross has moved to mid-low calf, then this position will not hold.

Hip Key

Fan Kick Hip Key

Learning Focus: Combining all the drills into the foundational hip key entry. Standing with the fabric on one side of the body, lift the inside leg forward and take the outside leg behind the tail into a scissor lift. Once at the peak of the lift, take the leg behind the tail and lift it forward to the ceiling as the body rolls towards the pole of the fabric. End in pike or a ball