



Class Structure: 10m Warm-up / 15m Conditioning / 35m Sequencing and Dance / 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		
Mixed Russian Climb		Learning Focus: Combining various Russian climbs to create a visually interesting and unpredictable climb. Combine the Russian, Russian Ball, and Little Russian Flirt to add variety to a climb. Those that are comfortable can even add in the Russian to Hip Key transition.
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.
Invert Drills		
Partner Abs: Pencil, Straddle, Smiles/Rainbows		Learning Focus: Creating abdominal strength/endurance while building the hip lift needed for inversions. Holding a partners ankles and keeping the legs as straight as possible, lift the legs up and shoot the toes to the ceiling. Open the legs into a straddle and lift the hips taking the low/mid back off the ground. Lastly, roll onto one hip with the legs piked. Swing the legs to the other side drawing a smile across the floor and rolling to the other hip. Then draw a rainbow in the air ending in your starting position. These are directional and must be done on both sides.
Palm Press Toe Lift in a Knot		Learning Focus: Focus on core engagement in straddle position. With the knot on the middle of the back, walk the legs out into a straddle position and place open palms on the fabric. Engage the core, push the hands into the poles of the fabric and lift the feet of the ground a couple of inches. Alternate between raising/lowering with with control and raising and holding the peak position for 3-5 seconds.
Knee Tucks in a Knot		Learning Focus: Lifting the knees to the chest and keeping the abdominals engaged as the position is held. From a back pack position on the knot, start by pretending you are sitting in a chair. Engage the pelvic floor and transverse abdominals, then lift the knees as close to the chest as possible. If you can, hold the peak position for 3 seconds and return. Bonus if the feet can remain off the floor between each knee raise.
Ball Rockers in a Knot		Learning Focus: Keeping the body small and tight while moving from inverted to upright. Keep the knot on the mid back tuck the legs through the center and see if the student can transition to take the weight fully in the hands in an inverted ball position. Return to upright keeping the ball shape, with the knot support on the back. Bonus if the student can avoid putting the feet down on the floor between each attempt.
Bent Arm Lift Straddle Exit in a Knot		Learning Focus: Finding a bent arm position when exiting an invert. From a straddle position in the knot, reach the hands up a little higher than usual to exit. While exiting, lift the chest to a bent arm position taking the back OFF the not. This helps transition from a supported position to the arms taking on the weight of the body.
Straddle Invert Slide to Knot		Learning Focus: Getting the invert without knot support on the back. Once inverted, the aerialist can slide down to the knot to give their grip a break. Exit with a controlled 180 Tilt Up or by doing the Bent Arm Straddle Exit.
Sequences		
Monthly Curriculum Sequence #1	Mermaid, Cross Knee Hang, Double Foot Locks, Sous Sus Balance, Splits, Splits Roll Up, Lounger with a Cocoon	
Monthly Curriculum Sequence #2	Back Stag, Skater, Pinwheel, Skater Press, Cocoon, exit foot lock and get into wrist locks: Pike, Stag Split, Fang/Verakai	

Use sequences as an opportunity to review skills that many struggled with and build endurance by connecting multiple skills together. Remember to have students try sequences on BOTH sides and to do them multiple times to smooth them out or with different songs to explore style.