



DRAGONFLY™ Aerial Company

Lesson 20 Progressions

Article: You're Not Ready For That Drop

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
10)	Bicycle Climb	Introduce the climb from a foot lock
Floating		
1)	Iron Cross	Check for correct shoulder placement and wrist placement
Double Foot Locks		
1)	Cheetah's X back Entry # 1 (Arabesque)	Arabesque/Knee bend/Roll through
2)	Cheetah's X back Entry # 2 (Pin-up)	Connect the feet/Roll above
3)	Cheetah's X back Entry # 3 (Tuck & Roll)	Connect the feet/Roll around below/Flamenco through/ turn 1 1/2 opposite way