



Class Structure: 10m Warm-up / 10m Conditioning / 30m Skill Building / 5m Review / 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		
Basic Climb		Learning Focus: Getting the stand wrap with weight slightly off center while maintaining abdominal engagement. Use hip shifts to practice moving from long arm/bent arm positions while climbing. Many will need a lot of time before this climb is successful.
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.
Little Russian Flirt		Learning Focus: Finding the tail from a tilted position and placing in the hip crease. From sitting in a Russian climb, lean away from the base foot to find the tail. Pull the tail inbetween the legs and put it on the opposite hip of the base foot. Keep the leg lifted (bent or straight) as you stand to keep tension on the tail over the hip.
Wrist Wrap/Locks		
Review Entries & Shapes		Learning Focus: Getting students to remember what they have been taught without being shown. Review wraps, inversions, ball, pike, pencil.
Splits		Learning Focus: Engaging the back leg and glute to find balance in the split position. The split was touched on in lesson two, but spend more time here to find and hold the position.
Nutcracker		Learning Focus: Finding the straddle position with the arm in the middle of the legs. Play with the legs being together or straddled in this position as well as with bent/straight variations.
Fang/Verakai		Learning Focus: Finding an arched position with the arm between the legs. Play with the legs being together or straddled in this position as well as with bent/straight variations. This shape was popularized by the Cirque du Soliel show Verakai in the triple trapeze act and in many studios is named after the show.
Single/Double Crochet		Learning Focus: Moving skills to different base wraps. This skill should have been introduced in lesson one from a knot position. Take the time to review it from wrist locks/wraps as it will become the beginning for a large family of skills.
Double Foot Locks		
Double Foot Locks		Learning Focus: Staying stable to wrap the second foot and trying to get the wraps even. From a single tail lock, stand up and reach the same hand as the foot lock leg high up the pole to help prevent leaning side to side. Using the free leg and arm, wrap the second foot lock. Focus on creating slack, most students with wrap the second lock too high.
Sous-Sus Balance		Learning Focus: Finding balance with the chest and back facing the fabric. From double foot locks, turn your chest to one pole and put both hands on it and pull the back leg forward so that the back pole makes contact with the back, then cross the back ankle over the forward one. If footlocks are evenly tied, this should be a position students can begin to balance in and remove each hand from the fabric.
Fourth Position Balance		Learning Focus: Finding balance with an opposing shoulder block. After finding a Sous-Sus balance, continue pressing the back leg forward and pulling the front leg backwards. This will create a tension shoulder block on each shoulder, but in opposing directions helping balance the student.
Splits/Lunge		Learning Focus: Exploring flexibility range of students, but focusing on engagement. Some students with a dance or gymnastics backgrounds will be able to dump into very deep splits here. Be sure to make sure the legs and glutes stay very engaged in the air and it not a passive flexibility experience. For those more recreational students that have less flexibility, finding a lunge position and focusing on keeping the back leg straight and glute engaged will be good hip flexor training. Make sure to watch for too much arching in the low back! Abdominals should be pulled in to stabilize the position.
Lounger		Learning Focus: Finding balance with the chest and back facing the fabric. From double foot locks, turn your chest to one pole and put both hands on it and pull the back leg forward so that the back pole makes contact with the back, then continue to pull the back leg forward until you can bend the knee over the front fabric pole. The back fabric must stay in between the cheeks for the position to stay secure, so do not let it slip to either side of the glutes.