



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 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.
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	Learning Focus: Shoulder and hip blocking with tail control to descend. Once in a stand wrap in the air, separate the fabric and sneak one shoulder at a time through the middle. It helps to lean to the side to create space for the second shoulder. Keeping the chest lifted, use the feet to control the tension of the leg wrap to slowly descend. Practice starting and stopping.
Russian Ball Climb	Learning Focus: Getting comfortable tilting to each side and using the lever arm. From a sitting position, hold one arm at face level and lean to the side until fully extended. Keep the knees tucked and the tail in the hip crease. Bend the arm to pull back up to the starting position.

Hip Key Drills

Hip Key steps on floor	Learning Focus: Identifying main position changes during a hip key. During the floor warm up walk students through the hip key process taking the body from a speed skater, straddle, to a pike.
Tail Wrapped Hip Key	Learning Focus: Manually creating the wrap and appropriate turning into the pole of the fabric. Once wrapped up, lean the body back and then turn into the pole of the fabric.
Tail Scoop from a Knot	Learning Focus: Using the free leg to swing around the tail before turning into the hip key. Should feel very similar to the hip key in the knot just with the additional step of scooping the tail with the free leg.
Fan Kicks	Learning Focus: Upper body supporting the legs during a dynamic moment. Emphasize one leg following the other through the movement and finding the straddle in the middle of the movement.
Fan Kicks from Speed Skater	Learning Focus: Getting the fabric high inbetween the legs before turning into the pole. Do a speed skater next to the fabric, with the fabric high in between the legs lift and bring the extended leg around to scoop the fabric before turning into the pole.
Standing Scissor Kicks	Learning Focus: Oblique engagement to lift the body as horizontal as possible in the movement. Standing next to the fabric, the inside leg extends forward and the outside leg tries to kick behind the fabric as high as possible.

Sequences

Monthly Curriculum Sequence #1	From a Knot: Hip Key, Back Stag, Katniss Press, Forward Stag, Sitting, Straddle, Crochet Leg, Catchers, Pike to Climb Above, Straddle, Tilt Upright, Spin!
Monthly Curriculum Sequence #2	From Single Tail Lock: Standing Hip Lean, Ball Lean, Sitting Hip Lean, Cross Knee Release, Mermaid

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.