



DRAGONFLY™ Aerial Company

Lesson 14 Progressions

Article: Get a Better Grip, Start With Your Shoulder

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
9)	Stacking INVERTED Climbs	Miss Match and Work Climb Transitions
10)	Lifted Hang Pike Ups	Key Words "Lifted Hangs!"
Drop		
1)	First Position Foot Hang	
Inverted Crochets		
1)	Thigh Hang	
2)	X Back from Thigh Hang	Make sure student has a solid Thigh Hang first!
5)	Single Tick Tock	
4)	Butterfly up Holding Tails	