



DRAGONFLY™

Aerial Company

Name: _____

All items must be properly executed in order to move onto Level 2.

Set	Level 1 Fabric Skills (6 Month Beginning Content)	Instructor Sign Off		
		Intro	Working	Perfected
	Conditioning & Fundamentals			
	Pulling Taffy			
	Lifted Hangs			
	Ball Rockers			
	Pistons			
	Basquel Drills (single & 2 tails) From Floor			
	Basquel Crochet/Knee Hooks			
	Floor Hip Key Drill (slow motion 1,2,3) See Hip-Key One Sheet			
	Wrist Locks			
L1	Basic Wrist Lock/Wrap/Hitch			
L1	Inverting: Reverse and Tuck			
L1	Basic Shapes: Ball, Pike, Pencil, Split			
L5	Basic Shapes: Nutcracker, Fang, Straddle, Crochet			
L7	Double Knee/Crochet Climb Drills			
L14	Bird's Nest with Leg Variations			
L17	Tucked Skin the Cats			
	Climbs and Descents			
L1	Basic Climb			
L1	Russian Climb			
L3	Russian Ball			
L3	Elevator Descent			
L5	Mini Russian Flirt			
L9	Crochet Climb			
L10	Big Russian			
L14	Double Knee			
L17	Rotating Russian			
L22	Sous Sous Climb			
L23	Crochet Creep Descent			
	Knotted Series			
L2	Sitting/Straddle/Hip Key			
L2	Knee Hooks/Crochet Legs			
L3	Catchers Knee Hang			
L3	Pendulum			
L3	Pike to Climb Above			
L6	Double Knee/Crochet Climb Drills			
L7	Pull Over			
L7	Front Balance			
L9	X Chest Pull Over			
L13	Climb to Hip Key			
L14	Knee Drop			
L15	Dive Progression: Walk Down through Star			
L17	Hip Key open to Straddle			
L17	Hip Key Tail Toss			
L17	Candy Cane			
L21	Knee Hook Triple Wrap			
L23	Sumo Wrap			



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	Single Foot Lock Sequence			
L1	Classic Footlock/Figure 8: Hand, Floor, Standing, Aerial			
L1	Ships Prow			
L1	Back Stag			
L1	Katniss Press			
L2	Standing Hip Lean			
L2	Seated Hip Lean			
L2	Ball			
L3	Mermaid			
L3	Cross Knee Hang			
L6	Split Pole Arabesque			
L6	Airplane/Lady Like			
L6	Skater			
L6	Cocoons			
L6	Pinwheel			
L10	Susan and Beginner Clothesline			
L10	Peter Pan Sit and Phoenix Sit			
L10	Fulcrum Split			
L11	Basket			
L11	Arrow			
L11	Single Lock Arabesque			
L18	Bicycle Exit			
L18	Phoenix			
L18	Pinwheel to Back Balance			
L18	Pinwheel to Coffin			
L18	Clothesline			
	Double Foot Lock Sequence			
L5	Double Foot Locks			
L5	Sous Sous balance			
L5	4 th Position Balance			
L5	Splits/Lunge			
L5	Lounger			
L7	Pea Pod/Cocoon			
L7	Splits with Roll			
L7	Namaste Sit			
L7	Namaste Ball Hang			
L9	Crossback/X-back			
L9	X-back Mermaid			
L9	X-back Knee Hang			
L11	Fake Basket Belay			
L11	Eiffel Tower			
L15	French Footlock/Under Heel Lock			
L15	Straddleback			
L19	Emma Sit			
L19	Split Roll to Crossback			
L19	Skin the Cat Straddle Back			
L19	SLOW Straddle Roll			



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	Hip Key			
L9	Hip Key			
L13	Hip Key Spin			
L13	Archer/Secretary			
L13	Sailboat			
L13	Tail Sweep to Thigh Hitch			
L17	Gazelle from Hip key			
	Thigh Hitch			
L14	Swing Seat			
L14	Swing Seat Stag			
L22	Double Knee Hang			
L22	Single Knee Hang			
	Inversions			
L8	Invert Drills: Left, Right, Center			
L21	Same Side Knee Hook			
L21	Half Catchers			
L21	Half Catchers Rappel			
L21	Catchers Wrap			
L21	Knee Hook Switches			
L21	Catchers Gazelle			
L22	Catchers Turn Out Stag/Split			
L22	Catchers Exit to Thigh Hitch			
	Floating			
L10	Egg Beaters			
L17	Iron Cross			
	Crochet			
L23	Double Crochet			
L23	Crochet Crossback			
L23	Tick Tock/180 Tilt Up			
L23	Assisted Iron Cross			