



Prerequisites: Adults classes

(Tuesday) Tissu – Level 2/3

- Aerial Vocabulary of basic tissu; Footlock, Russian/French climb, straddle up
- Russian climb to 3 metres
- Footlock with feet from hanging position
- 10 x Push-ups on knees
- 20 x Sit ups

(Tuesday) Tumbling – Level 3

- Forward roll without hitting the head on the ground
- Dive roll on to a scatter mat
- Cartwheel with straight legs, continuous
- Kick to a straight handstand shape
- Competence with basic jumps on trampoline/ fast track
- 10 x Push-ups, V-snaps, Superman rocks, Dish rocks, Box Jumps

(Tuesday) Straps – Level 2/3

- 30 second front support hold
- 10 push ups (from knees or feet)
- Stable inverted hang on any apparatus
- Skin the cat on any apparatus (preferable but not essential)
- 30 second wall handstand (preferable but not essential)

(Wednesday) Trapeze – Level 2

- Basic trapeze vocabulary
- 2 knee hang, pike entry under the bar
- 10 x push-ups on knees
- 20 x sit-ups

(Wednesday) Trapeze – Level 3/4

- Basic trapeze vocabulary
- Pull over to front balance
- 2 knee hang; working towards 1 knee hang
- Basic hang = 20 seconds
- 10 x push-ups on feet



(Thursday) Tissu - Level 4/5

- Straddle Inversion from a hanging position
- Russian climb to 8 metres twice without a break
- Footlock with feet from a hanging position
- Hiplock from a hanging position
- Comprehensive Aerial Vocabulary of Tissu
- 10 x Skin the cats, Leg lifts, Chin ups, Pull overs
- Intermediate knowledge of static positions, dynamic movements and rotational or slide drops

(Thursday) Aerial Hoop - Level 2/3

- Comfortably go up to sitting on aerial ring or trapeze
- Hang by knees for 20 seconds
- Inversion from hanging position (can jump up)
- Hold hanging tuck hold for at least 10 secs
- Hold active hang for 10 secs
- Aerial vocabulary of basic aerial ring

(Saturday) Tissu - Level 3/4

- Straddle Inversion from a hanging position
- Russian climb to 7 metres twice without a break
- Footlock with feet from a hanging position
- Hiplock from a hanging position
- Intermediate Aerial Vocabulary of Tissu
- 5-10 x Skin the cats, Leg lifts, Chin ups, Pull overs
- Basic knowledge of static positions, dynamic movements and rotational or slide drops



Skill Name	Definition
Active Hang	Hanging from both hands on a bar or rope, keeping the body straight and the shoulder blades engaged.
Catchers ½ Turn/ Baby Star	Beginner level drop on tissu. A ¾ Rotation from catchers to a knee lock or back balance position.
Chin Up	Have the hands facing forwards on the bar and pull the body up so the chin clears the height of the bar.
Footlock	Basic lock on tissu.
Hiplock	Intermediate lock on tissu.
Leg Lifts	Lifting the feet up to the hands while hanging and keeping the legs straight on the way up and down.
Pull Over	kicking the legs over the top of the bar to lift the body up and over so you can balance on the hips on the bar.
Russian Climb	Also known as basic climb or tradition climb.
Skin the Cat	A shoulder exercise that starts in a pike under the bar and move the hips through the arms.
Straddle Inversion	Going upside down with your hands together and your legs in straddle.
Slow Cartwheel	An intermediate tissu rotation. Also known as Roll-down, Helicopter, Snowflake, Continuous Cartwheel.
Tick Tock	A lock created on tissu from catchers, pre-cursor for cartwheel drops.
Tuck-snaps/ V- snaps	Lying on the back on the ground and lifting up onto the tailbone in a tuck or a straight leg pike. Aiming to get the legs as close to the torso as possible.

Level Guide

Level 1 (Beginner) No experience is necessary to join.

Level 2 (Beginner +) Demonstrates a knowledge of foundation skills and developing terminology.

Level 3 (Intermediate) Experienced in a range of foundational skills and shows good form.

Level 4 (Advanced) Experienced in a wide range of skills and can demonstrate strong form.

All levels Any level is welcome to join.