

Pre-requisites – Adults classes

(Monday) Aerial Assortment Intermediate/Advanced

- 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
- Aerial Vocabulary of basic Trapeze/Hoop and Tissu
- 5-10 x Skin the cats, Leg lifts, Chin ups, Pull overs

(Tuesday) Tissu Beginner+

- 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) Tissu Intermediate

- 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
- Aerial Vocabulary of basic Tissu
- 5-10 x Skin the cats, Leg lifts, Chin ups, Pull overs

(Tuesday) Tumbling Intermediate

- 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

(Wednesday) Aerial Assortment Beg+

- Aerial Vocabulary of basic Tissu/Trapeze/Aerial Hoop
- Russian climb to 3 metres
- Footlock with feet from a hanging position
- 10 x Push-ups on knees
- 20 x Sit ups

(Thursday) Tissu Intermediate

- Climb to the top of the Tissu (8m)
- Active Hang for 20 seconds
- Straddle Inversion at a height (>3m)
- Entry to S-Wrap - Tick Tock or alternative method
- Hiplock at a height (>3m)
- Crochet Back Cross at a height (>3m)
- 2 Footlocks from a hanging position (for Footlock Splits e.g.)
- Aerial vocabulary of basic Tissu skills, including basic drops and rotations

(Thursday) Aerial Hoop Beg+

- 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

(Thursday) Straps

- 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)

(Saturday) Aerial Hoop Intermediate

- Invert to apparatus with minimal use of assistance, and controlled exit
- Double knee hang (hocks) for 30 seconds
- Single knee hang on one (or both) side/s for 5 seconds
- Active hang for 30 seconds
- Ability to safely exit positions, and return to apparatus and floor
- Strength competency in at least 2 of the following:
 - chin/ pull up; leg lift (hanging toe touch); full tuck invert; full straddle invert; skin the cat; pull-over
- Basic knowledge of static positions utilising bottom bar, within the apparatus, and top bar/rope; dynamic movements and/or drops/rolls

(Saturday) Tissu Intermediate

- 2 variations of climbs to full apparatus height, and safe descent
- Straddle invert to catchers or crochet wrap from height
- Foundation movements of: hiplock, footlock, catchers, cross-back straddle (crochet wrap), tic-toc or flare into s-wrap, and double foot wrap from height
- Ability to safely exit positions and return to apparatus and floor
- Strength competency in at least 3 of the following:
 - chin/ pull up; leg lift (hanging toe touch); full tuck invert; full straddle invert; skin the cat
- 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 tissue.
Hiplock	Intermediate lock on tissue.
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.