

Pre-requisites – Children’s classes

(Wednesday/Saturday) SuperDets

- Forward roll without hitting the head on the ground
- Cartwheel with straight legs, continuous
- Kick to a straight shape handstand
- Bridge shape with straight arms and legs
- Competence in basic aerial shapes and climbs:
 - Tissu – footlock in the air
 - Catchers in the air
 - French and Russian climbs – half way (4m)
- 10 x Push-ups, Tucks snaps, Superman rocks, Dish rocks, Box Jumps
- ‘Teachability’ and positive attitude

(Saturday) Aerial Extension

- At least 2 terms of NICAjets or SuperDets
- A focused, mature and autonomous approach to learning with self-motivation to improve

Trapeze/Lyra

- Can Tuck Mount, get to a sitting position and standing position (trapeze) confidently without assistance
- Knowledge of basic Level 1 skills

Tissu/Rope

- Can French or Russian climb to some degree - doesn't have to be fully competent, just be on their way to being able to climb without assistance.
- Can invert (Straddle-up or tuck hold) from the ground without assistance
- Can do a Footlock from the ground without assistance (using hands to put it on)