



## ADULT AERIAL EXPLORER AND IMPROVER LEVEL

Aerial equipment: trapeze, aerial hoop, silk and cocoon

**EXPLORER:** Just starting out. This is really about your first year or so of training. Emphasis is on developing strength and solid basics. Unless you've already been doing a lot of training in another sport, expect this to take about a year - we all need to work on our strength and flexibility.

### Explorer 1:

- No prerequisites required.

### Explorer 2:

- You must be able to invert/hold your pike and straddle under the bar confidently, be working on single knee hangs and pull over to hip hang and a double knee hang on bar of the trapeze/aerial hoop.
- You should also be comfortable in these moves: amazon, gazelle, birds' nest.

**IMPROVER:** You've been training for about a year. You feel much stronger and flexible. You are now comfortable on the apparatus and are ready to start more dynamic moves and sequencing skills.

**\* If you do not understand the vocabulary below, the Explorer level is likely the most suitable for you.**

### Improver 1:

To access this level, you ideally need to know 75% of the following:

- Students are expected to be able to repeatedly invert to a straddle under the bar on their own
- A deep understanding of correct alignment
- Well-rounded aerial strength and stamina
- Understanding of your own body's weaknesses and strengths

- Splits (working towards)
- Skin the cat (working towards)
- Grip strength
- Pull over (no jumping)
- Solid front balance on the bar
- Solid back balance on the bar
- To be able to hip key, double foot lock
- You can ball (tuck) and straddle with long arms in the silk/cocoon
- Bent arms inversion in the silk/cocoon many times in a role
- Long arm inversions in the silk/cocoon

### Improver 2:

To access this level, you ideally need to know 75% of the following:

- A deep understanding of correct alignment
- Well-rounded aerial strength and stamina
- Understanding of your own body's weaknesses and strengths
- Grip strength
- Solid front balance on the bar
- Solid back balance on the bar
- Long arm inversions in the silk/cocoon many times in a row
- Skin the cat many times in a row
- To be able to basically spin
- Straddle up with straight knees (no kicking off the lyra)
- Single knee hangs
- Pull up from a dead hang in good form
- Knowledge of trapeze, aerial hoop, cocoon and silk vocabulary
- General strength (tuck sit, L-sit, straddle-sit, dragonfly, etc.)
- General flexibility – splits (or close to), pike, straddle, backbend with straight arms (or close to)