

Aerial Silks - Level 1

Basics

French Climb
Russian Climb
Relaxed Descent
Hip Key
Schlinge

1 Fußknoten/ 2 Tücher

Cocoon
Back Hang
Ballerina
Walking Men
Hip Lean sitting
Hip Lean standing
Armpit Figurehead
Splits Overhead
Frau im Mond

1 Fußknoten/ 1 Tuch

Side Hang
Angel Wrap
Shoulder Sling

2 Fußknoten/ 2 Tücher

Mann im Mond
Grätsche/ Spagat
Frosch
String Seat

Drop

Knoten Drop