

Aerial Silk - Level 10

Belays

Entrances

Fledermaus to Belay
Starfish to Belay
Twirlesque Belay
Belay Cross Entry
Hip Key to Knee-Belay
Knee Belay
Knee Lock Roll up to Knee-Belay
Verkehrtes Kreuz to Knee-Belay
Foot Twist to Knee-Belay
Knee Winding to Belay + Nadel
Front Roll to Double Belay
Double Belay

Tricks

Star
Elbow Split
Diamond
Neck Hang
Double loop Split
Belay Scorpio (aus Knee Belay)
Belay Split (3 Varianten)

Drops

Bomb Drop to Double Belay
Diver Drop to Double Belay
Drop to Double Looped Split
Split Drop
Belay Drop