

Aerial Silk - Level 11

Climbs

Straddle Climb
Toe Climb

Tricks

Angel Wrap Split
Catchers Engel Split
Schnell drehen
Infinity Flip V1
Infinity Flip V2
Infinity Flip V3
Straddle Hang
Ankle Knee Hang
Spagatwaage Frau im Mond

Roll ups

Angel roll up

Transitions

Fledermaus to Split Hang

Drops

Wonderwoman Drop advanced
Tic Toc Jacobs Ladder to Butterfly
Pirouette Drop
Handstand to Reck-Drop
Drop to Windmill Variation
Pencil Star Drop
Ankle Hang Drop