

Aerial Silk - Level 12

Tricks

Handstand
Front Windmill
Ankle Hang
Swing to Front Balance (beide Seiten)
1 Arm Hang
Reh
Triangle
Rotation ins Verkehrte Kreuz
Back Balance Variation+ Back Roll

Roll ups

Hip Key Roll up ohne Hände

Transitions

Knee Lock to Opposite Side Hip Key
Front Balance to Needle
Eggbeaters Combo (Skorpion, Pegasus, Küken, Teardrop Split, Half Scorpio, Mermaid, Stellar Split)

Drops

Back Drop to Knee Hang
Tic Toc Jacobs Ladder Drop
Drop into Half Scorpio
Double Back Sommersault
Back Roll to Windmill
Double Back Drop
Waterfall Drop
Drop Combo