

Aerial Silk - Level 5

Climbs

Opposite Side Knee Climb
Bicycle Climb

Tricks

Square
Bow and arrow
Flag
Allegra

Descents

Frog Descent
Spider Descent

Transitions

Engel to Knee Hang
Jesus Hang to Crochet Thigh Wrap

Drops

Butterfly Drop
Star Drop
Double Straddle Drop
Open J-Roll
Fledermaus Drop
Secretary Drop

Kombinationen

Sumo-Variation
Back Bird
Strong Back Position
Back Lean
"Grieche"
Sumo Drop