

Aerial Silk - Level 6

Climbs

Legs Crochet Climb

Tricks

Looped Split

Front Balance

Freiarmiger Spagat (5 sec)

Freiarmige Grätsche (5 sec)

Knee Lock

Stellar Split

Starfish

Half Scorpio

S-Wrap Entry (1 Beinwechsel)

Transition

Knee Lock to Hoop Seat

Hoop Seat to Knee Lock

Seat Pirouette to Fledermaus

Drops

Parachute Drop

Pencil Drop

Tick Tock Drop

Wonderwoman Drop

Open Star Drop

Lobster Drop

Horizontal Drop