

Aerial Silks - Level 7

Climbs

Monkey Climb
Hocks Climb
Teardrop Climb

Tricks

Meathook
Amazone
Jade
Real Flag
Back Balance
Freiarmiger Spagat (7 sec)
Freiarmige Grätsche (7 sec)
Armpit Hang
S-Wrap Entry (aus Amazone)
Knee Lock Roll up
Frau im Mond mit Spagat

Drops

Apollo
Hold Drop
Candy Cane Drop

Descents

Jade Descent