

Aerial Silk - Level 9

Climbs

Sailor Climb
Russian Bicycle-Climb
Hip Key Climb

Tricks

Thigh Hitch Windmill 2.0
Seatbelt-Balances
Handstand Split to crocodile
Grätsche zu Grätsche schwingen
Verkehrtes Kreuz mal anders

Roll ups

Hip Key Roll up

Transitions

S-Wrap-Catchers-U-Lock

Drops

Buddha goes Split
Back Salto
Pencil Drop Variationen (3)
Tick-Tock Drop advanced
Double Pencil Drop
Drop Dreieckswicklung
Open Star to Lobster Drop
Superman to Star Drop

Fabric Brain

U-Wrap vs. S-Wrap
Closed vs. Open Seatbelt