



## AERIAL LEVELS

Before booking your classes it is important to make sure you have mastered some essentials before progressing to a higher level. This is for your own safety, the safety of your instructor and other class members. We encourage you to be honest with yourselves and follow our guidelines set out below to help you progress correctly and to avoid injury and confidence issues. If you are unsure or would like some guidance please talk to Gem or your instructor and they will be able to point you in the right direction.

**Beginners** – All levels welcome

**Beginners 2** – I have done a Beginners course and I can *confidently* do a;

### LYRA

- Invert
- Hocks – double and single
- Man on the moon

### SILKS

- Invert
- Foot lock
- Star sit with knot

**Intermediate 1**– I have completed the Beginners 2 and I can *confidently* do a;

### LYRA

- Inside mermaid to folded pike
- Hocks beat to sit
- Invert to straddle hold
- Genie in a bottle

### SILKS

- Braid
- Inside leg hang wrap
- Climb to the top
- Invert – middle and both sides

**Intermediate 2**– I have completed the Intermediate 1 and I can *confidently* do a;

### LYRA

- Aerial invert
- Straddle balance
- Sit to canon ball
- Amazon
- Vine climb

### SILKS

- Aerial invert
- Single foot lock
- Outside leg hang wrap
- Crucifix wrap
- 5 long hang beats

**Intermediate 3** – I have completed Intermediate 2 and I can *confidently* do a;

### LYRA

- Belly balance
- Hip hold – no hands
- Sit Single hock feed to straddle
- Scarab
- Toes to the bar x5

### SILKS

- Double foot lock
- Butterfly drop
- The X
- Belay
- Flamingo series – arabesque> starfish> vertical hang> knee hang



**Pre-Advanced** – I have completed Intermediate 3 and I can **confidently** do a;

**LYRA**

- Single hocks - unlocked
- Walking on the moon
- Gazelle
- Belly balance to hocks
- Layout on top

**SILKS**

- *To be confirmed*
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**Pre-Advanced 2** – I have completed Pre-Adv 1 twice and I can **confidently** do a;

**LYRA**

- Flag
- Daphne
- Walking on the moon to Delilah on top
- Shoulder stand pencil
- Single leg roll up mount

**SILKS**

- *To be confirmed*
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**Pre-Advanced 3** – I have completed Pre-Advanced 2 twice and I can **confidently** do a;

**LYRA**

- Figure head
- Monkey rolls
- Front & back balance
- Thigh hold
- Heel hang – top bar

**SILKS**

- *To be confirmed*
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**Advanced 1** – I have completed Pre-Advanced 3 and I can **confidently** do a;

**INVITATION ONLY**