



Aerial Silk - Level 4

Tricks

Split Roll
8ter Fußhänger
Vertikales Dreieck
Iron T

Thigh Hitch

Thigh Hitch Descent
Thigh Hitch Combo
 Passé
 "Engel"
 Seat
 Kniehänger

Climbs

Same Side Knee Climb
Russian Flirt

Drops

Wonderwoman
Hoop Seat Passé Drop
Catchers Slack Drop
Elevator Seat

Transitions

Split Roll into Triangel
Vertikales Dreieck into Butterfly Wings