



## Aerial Silk - Level 5

### Tricks

Y  
Quadrat  
Pfeil  
Fahne  
Allegra

### Climbs

Opposite Side Knee Climb  
Bicycle Climb

### U-Lock

Sumo-Variationen  
Sumo Drop

### Descents

Legs Crochet Descents

### Transitions

Engel into Knee Hang  
Jesus Hang Crochet Thigh Wrap  
Fahne into handheld sling into Hip Key

### Drops

Butterfly Effect  
Straddle Drop  
Star Drop