



Aerial Silk - Level 6

Climbs

Legs Crochet Climb

Tricks

Dragonfly
Hanging Split
Front Balance
Air Straddle
Knee Lock
 Plank
 Seahorse
Batman
Stellar
Starfish
Half Scorpio

Transition

Knee Lock to Thigh Lock
Thigh Lock to Knee Lock
String Seat Pirouette into Cross Back Straddle into Batman

Drops

Parachute Drop
Superman Drop
Pencil Drop