



Aerial Silk - Level 9

Climbs:

- Sailor Climb
- Russian Bicycle-Climb
- Hip Key Climb

Tricks:

- Pegasus
- Thigh Hitch Windmill 2.0
- Seatbelt-Balances
- Handstand Split to Krokodil

Transitions:

- S-Wrap-Catchers-U-Lock (Exit Scary Thigh Hitch Drop-Position)
- S-Wrap Roll-up-Entry

Drops:

- Sarg-Drop
- Double Star Drop
- Buddha goes Split
- Back Salto

Fabric Brain:

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