



AERIAL SPIRAL TEACHER CURRICULUM

Welcome

Welcome to the Aerial Spiral Curriculum—an innovative approach to learning that takes you on a journey through the skies, unlocking the wonders of aerial exploration. Designed to ignite your imagination and foster a deep understanding of the world above, our curriculum offers a unique blend of theoretical knowledge and practical skills in the realm of aerial sciences.

In this curriculum, you will embark on a captivating adventure where you will soar through the realms of aerodynamics, celestial navigation, atmospheric physics, and much more. Whether you dream of dancing in the air, becoming a pilot, an astronaut, or simply wish to expand your horizons, the Aerial Spiral Curriculum provides a comprehensive framework to help you reach new heights.

Prepare to be inspired, challenged, and awestruck as you delve into the mysteries of flight and uncover the secrets of the skies. Let the journey begin, and may your aspirations take flight with the Aerial Spiral Curriculum.

Overview of Aerial Arts

Aerial arts encompass a mesmerizing world where athleticism meets artistry, as performers gracefully defy gravity on suspended apparatuses. From aerial silks to hoops, straps to trapeze, these disciplines captivate audiences with their blend of strength, flexibility, and elegance.

A Brief History:

Originating in circuses and theatrical performances, aerial arts have evolved from death-defying stunts to refined artistic expressions. Early practitioners pioneered techniques now integral to the craft, paving the way for contemporary aerialists to push boundaries and innovate.

Disciplines

1. Aerial Silks: Also known as aerial fabric or tissue, performers ascend the lengths of fabric, executing intricate wraps, drops, and spins while suspended in the air. Silks offer a canvas for stunning displays of strength and flexibility.

2. Aerial Hoop (Lyra): A metal ring suspended from the ceiling serves as both apparatus and stage. Artists showcase fluid movements, contortions, and dynamic transitions within and around the hoop, creating captivating visual spectacles.
3. Aerial Straps: Originating from gymnastics rings, aerial straps feature two suspended bands on which performers execute dynamic maneuvers, showcasing power, control, and seamless transitions between poses.
4. Trapeze: Traditional and static trapeze acts showcase a blend of acrobatics and storytelling, with artists swinging, spinning, and posing on a horizontal bar suspended from ropes or a metal frame.
5. Aerial Spiral: A Metal Pole bent into a beautiful spiral shape and suspended from rigging for acrobats to swing, spin, create beautiful stories with their music and movement.

Training and Technique

Training in aerial arts demands dedication and discipline. Beginners focus on building core strength, flexibility, and body awareness, gradually progressing to learn fundamental skills and sequences. Advanced practitioners refine technique, explore artistic expression, and often specialize in specific apparatuses.

Benefits

Beyond the spectacle, aerial arts offers a wide variety of physical and mental benefits. Improved strength, flexibility, and coordination are natural outcomes of regular practice. Additionally, the mental engagement required during training enhances focus, concentration, memory, and cognitive flexibility promotes mindfulness and stress relief, fostering a sense of empowerment and self-expression.

Community and Performance

Aerial arts foster vibrant communities of artists and enthusiasts worldwide. Workshops, classes, and festivals provide opportunities for skill-sharing, collaboration, and artistic growth. Performances, whether in intimate studio settings or grand theaters, showcase the beauty and athleticism of aerial arts, captivating audiences and inspiring future practitioners.

Conclusion

Aerial arts represent a harmonious fusion of athleticism and artistry, captivating audiences with breathtaking displays of strength, grace, and creativity. As practitioners continue to push boundaries and explore new heights, the allure of aerial arts will undoubtedly endure, inspiring awe and wonder for generations to come.

Spiral Curriculum Approach

This spiral curriculum method emphasizes revisiting topics and concepts at increasing levels of complexity over time. This approach contrasts with the traditional linear model, where topics are taught once and then assumed to be mastered. The advantages of this curriculum approach is as follows:

1. Continuous Reinforcement:

One of the key advantages of this curriculum is its ability to provide continuous reinforcement of essential concepts. By revisiting topics throughout the educational journey, students have multiple opportunities to deepen their understanding and build upon prior knowledge. This reinforcement helps solidify learning and promotes retention and muscle memory over the long term.

2. Development of Transferable Skills:

This spiral curriculum promotes the development of transferable skills such as critical thinking, problem-solving, and creativity. As students encounter familiar concepts in new contexts and at higher levels of complexity, they are challenged to apply their knowledge in novel ways. This process cultivates a deeper understanding of the subject matter and encourages students to think flexibly and adaptively.

3. Addressing Diverse Learning Needs:

Every student learns at their own pace and in their unique way. This spiral curriculum acknowledges this diversity by allowing students to engage with content at various levels of difficulty. This approach caters to beginner aerialists and struggling learners who may need additional reinforcement as well as advanced learners and acrobats who require greater challenge. By accommodating diverse learning needs, this spiral curriculum is inclusive and flexible.

4. Long-Term Retention:

Research suggests that spaced repetition, a key feature of this curriculum leads to better long-term retention of knowledge. By spacing out exposure to concepts over time, students are more likely to retain information and transfer it to new situations. This contrasts with the cram-and-forget cycle often associated with traditional linear approaches. By promoting long-term retention, this curriculum lays a solid foundation for aerial acrobatics.

5. Fostering Curiosity and Engagement:

This spiral curriculum encourages curiosity and engagement by presenting learning as an ongoing journey rather than a series of isolated lessons. As students encounter familiar topics in new contexts, they are naturally motivated to explore and inquire further. This intrinsic motivation fosters a love of learning and cultivates a growth mindset, where challenges are viewed as opportunities for growth rather than obstacles to avoid.

I. Introduction

- A. Overview of Aerial Arts
- B. Spiral Curriculum Approach

II. Foundations

- A. Understanding Equipment and Safety Measures
- B. Understanding Anatomy in Exercise
- C. Developing Strength and Flexibility
- D. Proper P
- E. Basic Aerial Moves and Positions
- F. Introduction to Various Aerial Apparatus

III. Beginner Level 1

- A. Warm Up
- B. Conditioning
- C. Upper Beginner Poses

D. Cool Down

IV. Upper Beginner Level 2

- A. Mastery of Complex Moves and Transitions
- B. Advanced Sequencing and Composition
- C. Performance and Artistry Development
- D. Specialized Techniques and Styles

V. Intermediate Level 3

- A. Pushing Boundaries and Innovation
- B. Artistic Expression and Interpretation
- C. Mentorship and Teaching Skills
- D. Continuing Education and Professional Development

VI. Advanced Level 4

- A. Pushing Boundaries and Innovation
- B. Artistic Expression and Interpretation
- C. Mentorship and Teaching Skills
- D. Continuing Education and Professional Development

VII. Appendices

- A. Glossary of Aerial Terminology
- B. Resources for Further Learning
- C. Sample Training Plans and Workouts
- D. Troubleshooting Common Challenges

VIII. Conclusion

- A. Reflecting on the Journey
- B. Encouragement for Continued Growth
- C. Final Thoughts and Acknowledgments

Understanding Equipment and Safety Measures in Aerial Arts

Aerial arts encompass a diverse range of disciplines that involve performing acrobatic feats while suspended in the air. From aerial silks to aerial hoop, each discipline requires specific equipment and adherence to safety protocols to ensure the well-being of performers. Understanding the equipment and safety measures is paramount for practitioners at all skill levels, from beginners to professionals.

Equipment:

1. Aerial Silks: Aerial silks consist of two long, hanging pieces of fabric used for climbing, spinning, and performing various acrobatic maneuvers. The fabric is made of polyester or nylon, ensuring strength and durability.

2. Aerial Hoop (Lyra): The aerial hoop is a circular steel apparatus suspended from the ceiling, providing a sturdy platform for performers to showcase their strength and flexibility. The hoop comes in various sizes and can be padded for comfort during grips and maneuvers.

3. Aerial Straps: Aerial straps are made of nylon or polyester webbing and are used for dynamic and intricate movements. They offer support for holds, wraps, and drops, requiring significant upper body strength and control.

4. Rigging and Hardware: Proper rigging is essential for the safety of aerial performers. Rigging includes anchor points, carabiners, swivels, and other hardware designed to securely suspend the apparatus from the ceiling or rigging point. Regular inspection and maintenance of rigging equipment are crucial to prevent accidents.

Safety Measures:

1. Qualified Instruction: Beginners should always receive instruction from qualified aerial instructors who prioritize safety. Proper technique, body awareness, and progression are essential for injury prevention.

2. Warm-up and Conditioning: A thorough warm-up routine and conditioning exercises are vital for preparing the body for the demands of aerial arts. Strengthening core muscles, shoulders, and grip strength can help prevent injuries.

3. Spotting and Supervision: During training and performances, spotters should be present to assist performers and ensure their safety. Spotters help prevent falls and provide support during challenging maneuvers. Why do we ask, “*May we assist/touch students?*”? It is important to ask students if we can spot them, not only for liability reasons but for safety. The student may become surprised or could also become too reliant on a spot during the movement. All spotting should be discussed beforehand – good communication is key. Say to them “I’m going to spot you in this” *Why do we spot?* Spotting is to guide the student or to secure the anchor point. We are not there to ‘catch’ the student. However, we are there if they fall. This can save them from injury, especially of the head/ neck or spine. Spotting should be more of a ‘brace’ than a ‘lift’. If lifting the student, then the student may not be ready to perform the movement by themselves and will need a regression. Spotters must look after themselves as well as students, it’s important to make sure you are in the correct spotting stance and are confident in what you are doing. Also make sure you are out of the way of any limbs that may kick you. For some spots students may be guided into a position to work the eccentric movement to build strength. When spotting one student, ensure the rest of the class is not waiting around, e.g. conditioning on the floor or performing the regression/prerequisite for the movement. We DO NOT recommend that students spot

students, as this can be very dangerous and cause injury to either student if an untrained person is spotting. Such a practice increases the risk of liability if anyone were to get hurt.

4. Matting and Padding: Using crash mats or thick padding beneath the apparatus can make the falls cushioned and reduce the risk of injury, especially while learning new skills or practicing drops.

5. Proper Attire: Wear form-fitting clothing that covers the skin to prevent burns and friction from the equipment. Remove all jewelry and tie back long hair to avoid entanglement.

6. Progression and Rest: Progress gradually through skills and routines, avoiding advanced maneuvers before mastering the fundamentals. Allow adequate rest and recovery time between training sessions to prevent injuries from overuse.

7. Communication: Open communication between performers, instructors, and spotters is essential for safety. Discuss any concerns or limitations before attempting new skills and listen to feedback from experienced practitioners.

8. Injury Prevention: Overuse injuries can be common in aerial acrobatics. Most overuse injuries can be prevented from recurring by creating a well-balanced training schedule. Most injuries can be blamed on three factors: Inadequate recovery (when your body does not fully recover from one training session to the next), biomechanical irregularities (such as longer legs or longer arms), or muscular imbalances caused by training itself. (example: tight hamstrings and weak quadriceps). Integrating conditioning exercises that strengthen the body and help to promote flexibility will assist in injury prevention. Incorporating strength-based exercises for the shoulders, arms, back, core and legs into a cross-training routine will help build overall strength and endurance, resulting in decreased risk of injury.

Active Recovery Training for a sport or activity helps you achieve your goal only when followed by rest and recovery. Periods of rest are essential components of a training schedule. Many new participants in aerial fitness do not understand that rest is essential, and many instructors do not educate participants about the importance of adequate rest. To become the best athlete possible, you must allow your body to rest and recover from the strain of training.

9. Learning Styles. There is no one right or wrong way when it comes to learning. Some people may find that they learn best when taught in a specific manner, while others may find that that manner is confusing and difficult to understand. The different ways or approaches to learning are known as learning styles. There are a number of different styles that people may gravitate toward, and some may even combine various aspects of several styles. Teachers should take the various learning styles into consideration when developing lesson plans and when instructing the people in their classes. It is also important for people to discover what their personal preferences are when it comes to learning, as it will help them to develop skills safely and effectively. Although there are different learning styles, some of the most common are visual, auditory, read/write and kinesthetic.

Visual - Visual learners prefer to watch their instructors and demonstrations and may ask you to repeat them several times.

Auditory - Auditory Learners best understand new content through listening and will listen intently to your instructions. They may need you to describe it in more than one way and will ask lots of questions.

Read & Write - Learners with a strong reading/writing preference learn best through words. These learners may present themselves as copious note takers and will keep a pole book to write everything down.

Kinesthetic - These learners are hands-on learners and learn best by figuring things out while trying them. They may need to keep doing things repeatedly before they understand.

In conclusion, understanding the equipment and safety measures of aerial arts is crucial for enjoying the art form safely. By prioritizing proper instruction, equipment maintenance, and adherence to safety protocols, aerial students can minimize the risk of injury and fully immerse themselves in the exhilarating world of aerial arts.

Exercise Science, Anatomy, Movement in Pole & Aerial What is Understanding Anatomy and Physiology

Anatomy is the study of the structures associated within the human body. Physiology is the study of the function of each of these structures. It is important to understand the effects of exercise to be able to design your classes so that your students are prepared for the physical demands ahead. Clients will ask for your support for a wide range of reasons. Even though we are not doctors, some may talk about medical issues with you, so it is important to have sound anatomy and physiology knowledge ready to be able to understand and converse.

It will also help you to design your classes and understand the reasons and needs of different clients. Your clients will feel in safe hands because you are demonstrating understanding of how their body works. You'll be confident in what to ask your client and what to look for before, during and after a session to maintain your clients' well-being.

An experienced instructor uses their anatomy and physiology skills all the time. In fact, it's such an ingrained part of what they do that after a while it becomes second nature. There's always a new client with a different condition or problem to research and strive to assist with improving their fitness and health.

Understanding how the body works and moves will also help you keep clients and prevent injuries.

SKELETAL MUSCLES

Skeletal muscles are voluntary muscles which contract to enable bones to move. Muscles work in pairs across the joint attached to both the bones on either side of the joint by strong cords called tendons. The muscle that contracts to cause a joint to bend is called the flexor. The muscle that contracts to cause the joint to straighten is called the extensor. When one muscle is contracted, the other muscle from the pair is always elongated. Muscle contractions can be subdivided into 3 types, eccentric, concentric and isometric contractions.

Eccentric Contraction: Occurs when the muscle lengthens as it contracts e.g. lowering the legs in a Pull Up Crunch causes an eccentric contraction of the Abdominals. Concentric Contraction: Causes the muscle to shorten as it contracts, e.g. lifting the legs in a Pull Up Crunch causes a concentric contraction of the Abdominals. Isometric Contraction: Static hold of the contraction. e.g. holding the knees to chest in a Pull Up Crunch causes an isometric contraction of the Abdominals.

Lower Body Quadriceps Group Function: Knee extension and hip flexion Comprised of vastus lateralis, vastus medialis, vastus intermedius and rectus femoris Warm Up 1. SQUAT 2. 3. Tricks 1. Standing part of a Climb 2. 3. Teaching cue. Imagine drawing your kneecap up into your thigh

Gluteal Group Function: Hip extension, external and internal rotation of the hips, extension of the trunk Comprised of gluteus maximus, gluteus minimus, gluteus Medius Warm up 1.

Hip Bridge 2. 3. Tricks 1. Attitude/Arabesque leg positions 2. 3. Teaching Cue Drive Hips forward and squeeze the butt or lift leg behind by squeezing the butt Adductor Group Function: Hip adduction, hip flexion Comprised of: adductor longus, adductor brevis, adductor magnus Warm up 1. Side (lateral) Lunge 2. 3. Tricks 1. Cross-leg balance seat. 2. 3. Teaching Cue Imagine trying to cross your legs over each other/Scissor the legs together Below is a list of voluntary muscles and movements, work through these and fill in the blanks. Name a min of 2 extra exercises associated with the movement.

Hamstring Group Function: Knee flexion, rotation of the knee, hip extension Composed of semimembranosus, semitendinosus, biceps femoris long head and biceps femoris short head Warm up 1. Booty Kicks (standing or lying face down) 2. 3. Teaching Cue Really draw the heel towards the bottom engaging the back of the thigh Hip Flexor Group Function: Hip Flexion, Comprised of: Iliacus, Psoas Major,

NOTE:

The Rectus Femoris (one of the four quadriceps) crosses the hip joint, which enables it to operate as a hip flexor as well as a knee extensor Warm up 1. Leg Raises (standing or lying face up) 2. 3. Tricks 1. straddles 2. 3. Teaching Cue Lifting leg from the hip joint, keep the leg bent for a modification Calves Function: Flexion of the knee and plantar flexion of the foot (pointing the toes) Comprised of: gastrocnemius and soleus Warm Up 1. Calf Raises 2 3 Tricks 1 Beginning your spin 2 3 Teaching Cue When pointing the toes really stretch through the ankle and squeeze the calf muscle.

Foot Function: Eversion of the foot, inversion of the foot, lifting of the toes, curling of the toes Comprised of approximately twenty different muscles that allow for foot movement Warm up 1. Toe Point Conditioning 2. 3. Tricks 1. All of them! 2. 3. Teaching Cue Think about lifting the arch of the foot whilst pointing the toes.

UPPER BODY Back Function: Shoulder adduction, extension, internal rotation of the arm, transverse extension and scapular depression, adduction, downward rotation, upper rotation, elevation, and

extension of the neck and lower back Comprised of latissimus dorsi, trapezius, and rhomboids (external) Erector Spinae Warm up 1. (erector spinae) Cat/Cow 2. 3. Tricks 1. Pull Up Crunches 2. 3. Teaching Cues Imagine drawing the shoulder blades down into the center of the back or Draw your shoulder down and squeeze the lats – your wings Chest Function:

At the shoulder transverse flexion and adduction, internal rotation adduction and extension Comprised of pectoral muscles (major and minor) Warm up 1. Pushups 2. 3. Tricks 1. Full Bracket Pull Up (lower arm) 2. 3. Teaching Cues `` Push the floor away to engage the chest Muscles.

Abdominal Group Function: External and internal obliques –bend and rotate the trunk. Transverse abdominis- compresses the abdomen. Rectus abdominis-flexes the lumbar spine. Composed of external obliques, internal obliques, rectus abdominis, transverse abdominis Warm up 1. Core conditioning 2. 3. Tricks 1. Sitting up from a Double Knee hang 2. 3. Teaching cues for core conditioning Draw the navel in towards the spine or imagine doing up a really tight pair of jeans to zip up your lower abdominals.

Shoulder Group Function: Deltoids - extension of the arm, rotation of the arm and shoulder. Rotator cuff- stabilizes the shoulder joint, rotation of the arm Comprised of deltoids and rotator cuffs. The deltoids have three heads, the anterior, lateral and posterior. The rotator cuff is made up of four muscles: the supraspinatus, infraspinatus, teres minor, and subscapularis. Warm up 1. Downward Dog 2. 3. Tricks 1. Pull Up/Hanging Crunches 2. 3. Teaching Cues Draw the shoulder down as you lengthen the neck up Arms Function: Biceps - elbow flexion, shoulder flexion, wrist supination. Triceps-elbow extension, shoulder extension. Brachialis-elbow flexion Comprised of biceps brachii and triceps brachii Warm up 1. Push Ups 2. 3. Tricks 1. Pull Up Crunches 2. 3. Teaching Cues ``Really think of pulling down on the equipment like you're trying to pull it out of the ceiling.

FOREARMS AND HANDS Function: Extension, flexion, adduction, abduction to the wrist. Supination and pronation of the forearm, and movement of the fingers Composed of 34 muscles move the fingers and hands.

The forearm contains many more muscles than the arms and over 20 muscles move the forearm, wrist, hands, and fingers. Warm up 1. Wrist Stretch 2. 3. Tricks 1. Any time you are holding and gripping your equipment 2. 3. copyright Encyclopedia Britannica used from <https://study.com/academy>.

Joints of the body and actions of the joints. Joints occur where two bones meet and make the skeleton flexible. Without joints, any type of movement would be impossible. Joints allow the body to move in a number of different ways and directions. Synovial joints are freely movable joints that contain synovial fluid inside a synovial membrane which surrounds the joint. There are 6 types of synovial joints. They are the most common type of joints in the body; however, we will be focusing on three different types of movable joints.

Hinge Joint - Allow movement in one direction, as seen in the knees and elbows.

Pivot Joint - Allow a rotating or twisting motion, like that of the head moving from side to side. Ball

and Socket Joint - Allow the greatest freedom of movement. The hips and shoulders have this type of joint, in which the round end of a long bone fits into the hollow of another bone.

Joints in the body (Synovial / movable) & the movements they facilitate.

SPINAL COLUMN (PARTIALLY MOVEABLE JOINT - Flexion, extension, lateral flexion, rotation
SHOULDER GIRDLE – Abduction/adduction, adjective, elevation, depression

SHOULDER JOINT - Flexion, extension, adduction, abduction, outward medial rotation, inward medial rotation, circumduction

ELBOW JOINT - Flexion, extension, pronation (palm down), supination (palm up)

HIP JOINT - Flexion, extension, abduction, adduction, medial rotation, lateral rotation

KNEE JOINT - Flexion, extension

ANKLE JOINT - Inversion, eversion, dorsi-flexion (foot flexed), plantar flexion (pointed toes)

WRIST JOINT - Flexion, extension, abduction, adduction, circumduction.

Movement Definitions aerial techniques engage a large group of muscles and joints during the execution of each technique. Every technique is a series of movements that require the body to move in a number of different directions. Possible movements when joints & muscles are put in motion and engaged.

FLEXION The bending of a joint so that the bones forming the joint are brought closer together. Flexion is a physical position that decreases the angle between the bones of the limb at a joint. It occurs when muscles contract and bones move the joint into a bent position. Technique example: Bending of the knee during leg hangs/hocks hangs.

EXTENSION The straightening of a joint so that the bones forming the joint are moved farther apart or straightened. Extension is a physical position that increases the angle between the bones of the limb at a joint. Technique example: Straightening the knee/leg.

ABDUCTION To move away from the midline or median (Sagittal) plane of the body or from an adjacent part or limb. This action is achieved by an abductor muscle. It is the opposite of an adduction. Technique example: Straddling the legs.

ADDUCTION To move toward the midline or median (Sagittal) plane of the body or toward an adjacent part or limb. This action is achieved by adductor muscles. It is the opposite of abduction. Technique example: Leg action whenever squeezing legs together.

INTERNAL ROTATION toward the center of the body Technique example: Inward rotation of the thighs in a Basic Climb Position

EXTERNAL ROTATION away from the center of the body Technique example: Outward Rotation of the thighs during a Straddle

LATERAL FLEXION Bending to one side (at trunk or neck) Technique example: Outside Arm Walk-lateral flexion occurs as outside hip is moved away from the spiral.

SUPINE Face Up Technique example: Lying face up on the floor.

ECCENTRIC Negative Contractions / Lowering down / Lengthening Muscles Technique example: Slow dismount from pulls up crunch.

CONCENTRIC Positive Contractions / Lifting up / shortening Muscle Technique Example: Lift in to Pull up Crunch.

PRONATION Face down Technique example: Lying face down on the floor.

ISOMETRIC Muscle Contractions with no movement technique Example: Plank

PLANES OF THE BODY The three planes are imaginary lines passing through the body that represent the dynamic planes of motion that the body is capable of movement through.

SAGITTAL PLANE (LATERAL PLANE) A vertical plane running from front to back that divides the body or any of its parts into left and right sides. The two basic movements in the sagittal plane are flexion and extension.

CORONAL PLANE (FRONTAL PLANE) A vertical plane running from side to side that divides the body or any of its parts into anterior and posterior parts. The primary movements in the frontal plane are abduction (movement which takes any part of the body away from the midline) and adduction (movement which takes any part of the body toward the midline of the body).

TRANSVERSE PLANE (HORIZONTAL PLANE) A horizontal plane that divides the body or any of its parts into upper and lower parts. Most movements that occur along this plane involves Rotation. Movement that takes part of the body outward is called lateral or external rotation, and movement that takes part of the body inward. is called medial or internal rotation.

PLANES OF THE BODY STRENGTH COMPONENTS OF AERIAL FITNESS

Aerial Fitness requires both lower and upper body strength. Unlike traditional strength training, Aerial Fitness builds strength using the participant's body weight as resistance. Instructors should be aware that not all participants will be strong enough to execute certain moves and techniques. Participants will notice strength gains after taking Aerial Fitness classes for extended periods of time. Each participant will gain knowledge of how to push, pull, lift and suspend their body weight to properly execute moves. • The instructor should provide level options of each move so that each participant can test the levels of each move to make sure they are strong enough to properly execute the technique • Participants should be encouraged to cross-train to build strength and muscular endurance • Spotters should be used for all participants performing moves for the first time.

CARDIOVASCULAR BENEFITS OF AERIAL FITNESS

Aerial Fitness is both a strength and cardiovascular workout. Cardiovascular benefits can be achieved through this type of fitness. The effects are like a low-impact cardio workout. Performing combinations for moves in a nonstop format will help to elevate the heart rate and elevate the caloric burn associated with the workout. Muscular endurance is required to hold positions with control and link trick combinations together. Different tempos can be used to increase the difficulty of the movements. By slowing down the entry and exit (concentric and eccentric movements) and holding within the tricks (isometric) Students will increase their strength and control and progress faster.

Recommended Learning Resources: MB Anatomy Trains - Thomas Myers

Developing Strength and Flexibility in Aerial Arts

Aerial arts, encompassing disciplines like aerial silks, aerial hoop (lyra), and aerial trapeze, demand a unique combination of strength, flexibility, grace, and creativity. Whether you're a beginner or a seasoned aerialist, continually developing strength and flexibility is crucial for progressing in this captivating art form.

1. Understanding the Importance

Strength and flexibility are the foundation of aerial arts. Strength enables you to control your movements, execute tricks, and support your body weight with ease. Flexibility enhances your range of motion, allowing you to achieve beautiful lines and execute advanced poses safely. Both attributes work hand in hand, complementing each other to improve overall performance and reduce the risk of injury.

2. Establishing a Consistent Training Routine

Consistency is key to progress in aerial arts. Design a training routine that incorporates strength, and flexibility exercises specific to aerial movements. Include exercises targeting core strength, upper body strength, and lower body flexibility. Dedicate time to both conditioning exercises and stretching routines to ensure a well-rounded approach.

3. Building Core Strength

A strong core is essential for stability and control in aerial arts. Incorporate exercises like planks, hollow holds, and leg raises to target the abdominals, obliques, and lower back. Additionally, exercises that engage the stabilizing muscles of the shoulders and hips, such as side planks and bridges, contribute to overall core strength.

4. Developing Upper Body Strength

Upper body strength is vital for performing aerial maneuvers and supporting your body weight while suspended. Pull-ups, chin-ups, and inverted rows are excellent exercises for building strength in the arms, shoulders, and back. Incorporate variations like wide grip and narrow grip to target different muscle groups.

5. Enhancing Lower Body Flexibility

Flexibility in the lower body is essential for achieving elegant poses and transitions in aerial arts. Incorporate dynamic stretches and static stretches targeting the hamstrings, quadriceps, hips, and calves. Yoga poses like forward folds, lunges, and pigeon pose are effective for improving lower body flexibility.

6. Incorporating Active Recovery

Active recovery plays a crucial role in preventing injury and promoting muscle recovery. Include activities like swimming, yoga, or Pilates in your routine to improve circulation, reduce muscle soreness, and maintain overall flexibility and mobility.

7. Listening to Your Body

Pay attention to your body's signals and avoid pushing yourself beyond your limits. Progress gradually and be patient with yourself as you work towards your goals. Incorporate rest days into your routine to allow your muscles to recover and adapt to the demands of aerial training.

8. Seeking Professional Guidance

Consider working with a qualified aerial instructor or personal trainer to design a personalized training program tailored to your individual needs and goals. A professional can provide guidance on proper technique, form, and progression, helping you optimize your training and minimize the risk of injury.

9. Embracing the Journey

Remember that developing strength and flexibility in aerial arts is a journey rather than a destination. Celebrate your progress, no matter how small, and embrace the challenges along the way. Stay inspired by watching performances, attending workshops, and connecting with fellow aerialists to fuel your passion for the art form.

10. Conclusion

In conclusion, developing strength and flexibility is essential for success in aerial arts. By establishing a consistent training routine, focusing on core strength, upper body strength, and lower body flexibility, and incorporating active recovery, you can enhance your performance, reduce the risk of injury, and unlock your full potential as an aerialist. With dedication, perseverance, and a commitment to lifelong learning, you can soar to new heights in the mesmerizing world of aerial arts.

Proper Form-Pointed Toes

It is important to encourage participants to point their toes for the entirety of the move including the beginning, middle and end. If toes are pointed throughout the move this helps with muscle engagement within your legs. This also assists with injury prevention and teaching muscles the correct control. Executing movements with pointed toes also makes the move look clean and professional while extending the body lines. Below is additional information on pointing toes and toe training:

Most professional ballet dancers have at least one thing in common, beautifully pointed feet. The secret to a great point lies in the instep of the foot, the top part of the foot between the ankle and the toes. A beautiful point has an exaggerated step, it sticks up high when the foot is pointed. Of course, some dancers are blessed with the ability to point their feet correctly without much effort. Dancers with longer feet or thinner ankles can appear to have prettier pointed feet. If you are not one of the lucky few with naturally beautiful ballet feet, the following tutorial will help you learn how to properly point your toes. If you follow the steps correctly and often, you may soon have the prettiest points in your class. Sit on the floor with your legs out in front of you and your knees straight. (If your hamstrings feel tight, lean back further, support your back with your elbows.)

Flex your feet by pulling your toes up to your body. Try to point your toes up to the ceiling. Don't worry if your heels raise off the floor. Bend your ankles down toward the floor. Allow your heels to rest on the floor while pulling your toes back toward you. (Many ballet teachers call this position Aladdin feet as the feet look like those of a genie.) Bend your ankles as far as you can, making sure your feet don't curve inward or outward. Stretch your toes down toward the floor. Try not to crunch your toes together, instead, strive to make them an extension of the curves of your feet. Stretch them as far as you can, making the longest lines possible. Hold this position for a few seconds.

If you start to feel cramping, relax your feet. It is important to understand the benefits of pointing your toes but also flexing when needed in a move. Some Aerial and Pole moves will need a range of Flex Feet, Pointed Feet and a sickle when needed. Try and make sure you encourage your students to work through all the motions and understand when it is important not only aesthetically but also for safety, to point, flex or sickle.

Basic Aerial Spiral Moves Level 1

Aerial Spiral: A dynamic and visually captivating movement in aerial arts, the aerial spiral involves spinning and twisting while suspended from the spiral apparatus. Here are some basic aerial spiral moves to get you started.

Remember to always warm up properly before attempting aerial spiral moves, and practice under the supervision of a qualified instructor. Safety should be your top priority when practicing aerial arts. Enjoy exploring the beauty and artistry of aerial spirals!

Level: Beginner Warm-up

Week 1-4: Introduction to Aerial Spiral Pole

- Understanding basic safety protocols and warm-up exercises
- Basic conditioning exercises to improve strength and flexibility

WARMUP

Roll Neck Circles R to L Front x8 Draw Right ear to shoulder, leaving shoulders down and rolling from shoulder to chest to opposite shoulder.

Shoulder Rolls Front x8 Lifting shoulders rolling forward with full range of motion. Warming up the deltoids

Shoulder Rolls Back x8 Lifting shoulders rolling backward with full range of motion.

Shoulder hoops clockwise x6 Reaching hands together up above head and hula hoop upper body in a clockwise rotation. Warming up the Laterals and Rhomboids

Shoulder hoops C/Clockwise x6 Reaching hands together up above head and hula hoop upper body in a counterclockwise rotation.

Push/Pulls Arms Forward and backwards x4 Extend the arms in front chest height pushing the shoulder blades apart, then pull arms back pinching the Rhomboids together, now repeat.

Arm Circles Forward and Back x4 Fully extend arms from top of shoulder rotating full circles towards the front of body, down towards Hips and round towards the back of the body. Finish at the Top again. And Repeat.

Trunk Twists L and R x4 Place hands on hips, isolate chest and ribs, begin clockwise rotation of trunk warming up the Spine, obliques and abdomen.

Hip swivels Clockwise x6 Separate feet shoulders width apart and press hips to one side, create rotation clockwise pressing hips forward, the other side, then back.

Hip Swivels C/Clockwise x6 Separate feet shoulders width apart and press hips to one side, create rotation Counterclockwise pressing hips forward, the other side, then back.

Knee Raises L and R x10 each Standing with feet underneath you, lift left knee then right warming up the lower back and Quadriceps.

Bum kicks L and R x10 each Now kick behind you to warm up the hip flexion and loosen the hamstrings.

Cross body ankle taps Front x8 each side Reaching the left hand up, point right toes and bring them together across the front of the body to stretch open the IT bands along the outside of the hips and back.

Cross body ankle taps behind x8 each side Reaching the left hand up, pointing right toes and bringing them together across the back of the body to stretch open the IT bands along the outside of the hips and back.

Hip fold Reach L to R x4 each side Bring feet back to shoulders width apart and reach for the ceiling with both hands, fold at the hips keeping legs straight and feet pointed forward, slowly pivot upper body side to side reaching for the feet. If you can't reach the feet reach for the ankle or the outer shin.

Fan kicks L side x10 Find your pole, place the pole on your right side, reaching up and over with your outer hand, bring your inner hand roughly face height. Draw the inner leg up and away from the pole allowing the upward motion to cross the body before rainbowing back towards the pole bringing the outer leg with it. Allow the body to roll towards the pole as you finish.

Fan kicks R side x10 Repeat on other side, place the pole on your Left side, reaching up and over with your outer hand, bring your inner hand roughly face height. Draw the inner leg up and away from the pole allowing the upward motion to cross the body before rainbowing back towards the pole bringing the outer leg with it. Allow the body to roll towards the pole as you finish.

Side Crunches both sides x10 Reaching inner leg high on the pole locking your knee pit around the pole anchoring you in. Pointing the standing foot slightly away from the pole. Push hips forward creating a straight line from knee to shoulder. Repeat on the other side. Begin dropping your lower arm down to the floor hinging from the core and bring the weight back up by tapping the pole at the highest point you can reach. If you feel like you are going to fall over, bend your standing knee slightly for more control. Repeat on the other side.

Pole Squat both sides x10 Begin with a climb, place one knee high on the pole wrapping foot on the side pinching the pole between them, bring the other leg in front of the pole knees together pressing abductively towards the center. Lift the hips up, raising the upper body to an extended position. Once extended lower the upper body till the bum reaches the feet and lifts to extended position again. repeat on the other side.

Lyra Conditioning
Straddle inverts x5.
Circus pull ups x5.
Pull ups.

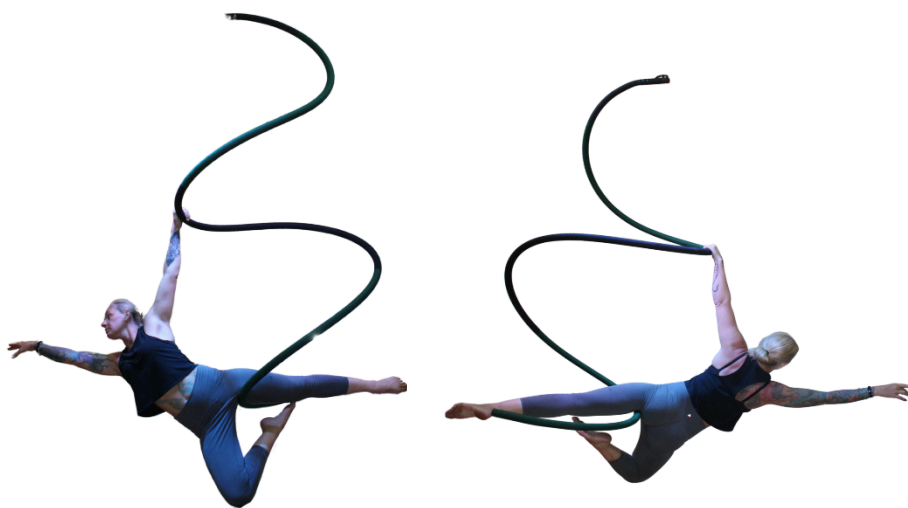
Class 1 of 4 Level 1 Beginner Spiral

- Grip techniques and body positioning

- Palm facing away
- Palms facing you
- Mixed Grip or Baseball grip
- Internal grip
- External Grip

- Introduction to foundational spins and holds

- Sit facing inwards on the bottom spiral and rotate both directions, clockwise and counterclockwise. Get comfortable with the bounce.
- Sit facing outwards on the bottom spiral and rotate both directions, clockwise and counterclockwise. Get comfortable with the bounce.



Arabesque. Start by sitting facing inward at the lowest rung of the spiral. Place both hands overhead on the 2nd rung with your palms facing away from your body. Lean back with your upper body extending out of the spiral. Lift your higher leg out of the spiral (the one on the side of the spiral that is positioned higher) and bring the toe of that leg to meet your knee. As you do this, lift the hand on the same side as the higher leg off the spiral, so only your lower hand remains in contact with the spiral. The primary contact points in this pose will be your lower hand grip and your lower leg, which should rest on the inner thigh. Extend your body into a straight line from your lifted toe all the way through to the fingertips of your extended arm. Hold this extension, creating a balanced and graceful line through your body. When returning to the seated position, bring the higher leg in first. The span to reach is too great for the laterals to come first.

Key Cues for Students:

1. Sit tall on your sit bones—stack your spine like a pillar.
2. Grip the rung with ‘kitty cat ears’ (palms out, hands framing the rung).
3. Anchor your bottom leg straight; touch the top toe to the opposite knee.
4. Extend your top arm like a ribbon unfurling—fingertips to toes.
5. Retract the leg first when exiting to protect your side body.

Spotting Cues for Instructors:

1. Position: Stand to the student’s side, near their hips/lower back.
2. During Setup:
 - Check grip alignment (kitty cat ears palms-out hold).
 - Reinforce core engagement: Draw your belly button to spine to stabilize the lean.
3. During the Lean:
 - Lightly support the student’s lower back with one hand to prevent over-arching.
 - Guide the top leg’s movement: Toe to opposite knee before releasing the arm.
- Grasp students remaining hand tightly around the rung to assist the security while learning this pose
4. During Extension:
 - Steady the student’s torso if they wobble while releasing the top hand.

Secure the gripping hand by wrapping your hand around the student's hand while they are in the extension.

- Cue symmetry: Keep hips squared—don't let them twist open.

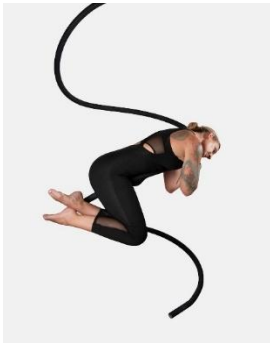
5. Exit Strategy:

- Physically guide the student's extended leg back into the spiral first.
- Remind: Leg before hand—avoid yanking the lateral chain.

6. Common Risks:

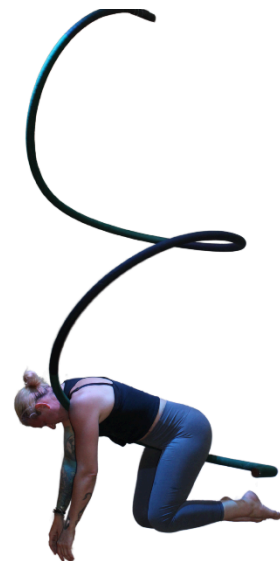
- Watch for shoulder hunching; cue Open the chest, soften the shoulders.
- Prevent hyperextension in the bottom leg: Micro bend the knee if needed.

Final Note: Prioritize slow, controlled movement over speed. Use tactical cues (e.g., tapping the hip to correct alignment) to reinforce verbal instructions.



The sleepy Koala.

Here's the combined version with both the transition and the fun Dead Bug variation:



Start in a seated position at the lowest rung with both hands gripping the rung above you, palms away. Lean your upper body outside of the spiral and move your higher leg to the outer side. Shift your upper

hand down to the lower rung palm down to prepare and assist the inner thigh shift. At this point, your inner thighs are making contact. To switch the weight to the outer legs inner thigh, use your arms to gently lift and shift your body. Be mindful not to roll over the pelvic bones, as this can cause discomfort or pain. Instead, use your arms to guide the lift and shift smoothly.

As you transition, your body will begin to face the outside of the spiral. Lower your chest towards the spiral in front of you and rest your body weight on the nape of your neck. For added stability, bring your bottom foot up to the spiral and flex it. Then, place your top foot in front of the flexed foot to cover it and maintain balance.

Remember, this is a pose that requires finding your own sweet spot. It may take a few tries to get the alignment right, but with practice, it will become an easy and comfortable position. Finally, release your hands to let the pose settle into a relaxed, effortless form.

Key Cues for Students:

1. Starting Position:

- Sit tall on the lowest rung—root through your sit bones and engage your core.
- Lean your upper body outside the spiral, keeping your spine long and shoulders relaxed.

2. Leg Placement & Weight Shift:

- Glue your inner thighs to the rung—maintain contact as you shift.
- Use your arms to lift and float your hips—don't roll over the pelvis.
- Shift slowly: imagine sliding your weight onto the opposite thigh like a whisper.

3. Transition to Outer Facing:

- Chest lowers like a leaf settling onto the spiral—rest weight on the nape of your neck, not the head.
- Flex your bottom foot into the spiral; stack your top foot over it like a puzzle piece.

4. Stabilization:

- Find your sweet spot: adjust feet and hips until the pose feels weightless.
- Breathe into the back body—let your hands release only when you feel rooted.

5. Exit:

- Re-grip hands first, then unwind legs to avoid collapsing.

Spotting Cues for Instructors:

1. Position: Stand beside the student's hip/lower back for shifts and transitions.

2. During Setup:

- Check pelvic alignment: Keep hips level—no rolling forward or back.
- Reinforce: Lift from the arms, not the pelvis, and lightly guide their hands if they rush the shift.

3. Weight Shift:

- Place one hand on their hip to prevent the pelvic from rolling.
- Use your other hand to support their torso if they lose balance mid-shift.

4. Chest Lowering:

- Cue: Nape of the neck, not the skull, and monitor neck alignment.
- If needed, brace a hand under their shoulder to prevent sinking into the neck.

5. Foot Placement:

- Tap their bottom foot: Flex firmly into the spiral for grip.
 - Adjust their top foot if it slips: Cover the flexed foot like a lid.
6. Hand Release:
- Stay close as they release hands... be ready to stabilize their shoulders or hips.

Common Risks to Watch For:

- Pelvic Rolling: Causes discomfort; cue Hover, don't grind during shifts.
- Neck Compression: Ensure weight is on the nape, not the cervical spine.
- Foot Slippage: Check foot flex and spiral contact.

Final Note: Encourage patience—this pose thrives on subtle alignment tweaks. Use tactical cues (e.g., tapping hips or feet) to reinforce body awareness.

For a fun variation, try the Dead Bug. In this version, remove both your hands and legs from any contact points. Allow your body to balance on the spiral while your limbs hang loosely. This adds a playful element to the pose, challenging your balance and creating a sense of weightlessness. It's a great way to bring even more fun into practice.

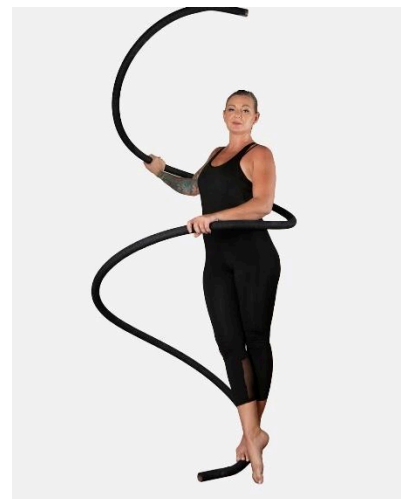
Class 2 of 4 Level 1 Beginner Spiral

After reviewing the above warm up and conditioning for the beginning of class 2, continue to Level 1 class 2 curriculum.

Begin by reviewing class 1 and practicing all previous curriculum.

- Standing up on the lower rung
- Walking Up the spiral into the rotation
- Walking down the spiral against the rotation

Stand without bouncing



Start in a seated position, facing inside the spiral. Lean your upper body back outside of the spiral and bring both feet up to the spiral, placing them exactly where you're sitting. Position just your heels on the spiral, creating what's called a Barbie Foot (toes pointing downward, balancing solely on the heels). Now, lean your upper body back into the spiral to help balance. Your weight should be completely centered on your feet, and you should be able to lift your hands off the spiral without needing to use your neck or head for support. Once you feel stable, bring your hands inside the spiral, palms facing away, one at a time. To stand up, use the combined strength of your arms and legs to lift yourself intentionally and steadily. Keep your movement fluid and purposeful. Be mindful—if you hesitate or make a sudden, unsteady movement, you might experience what's called an earthquake. This refers to the spiral bouncing uncontrollably, which happens when the balance is lost. So, maintain a steady, focused movement to avoid that!

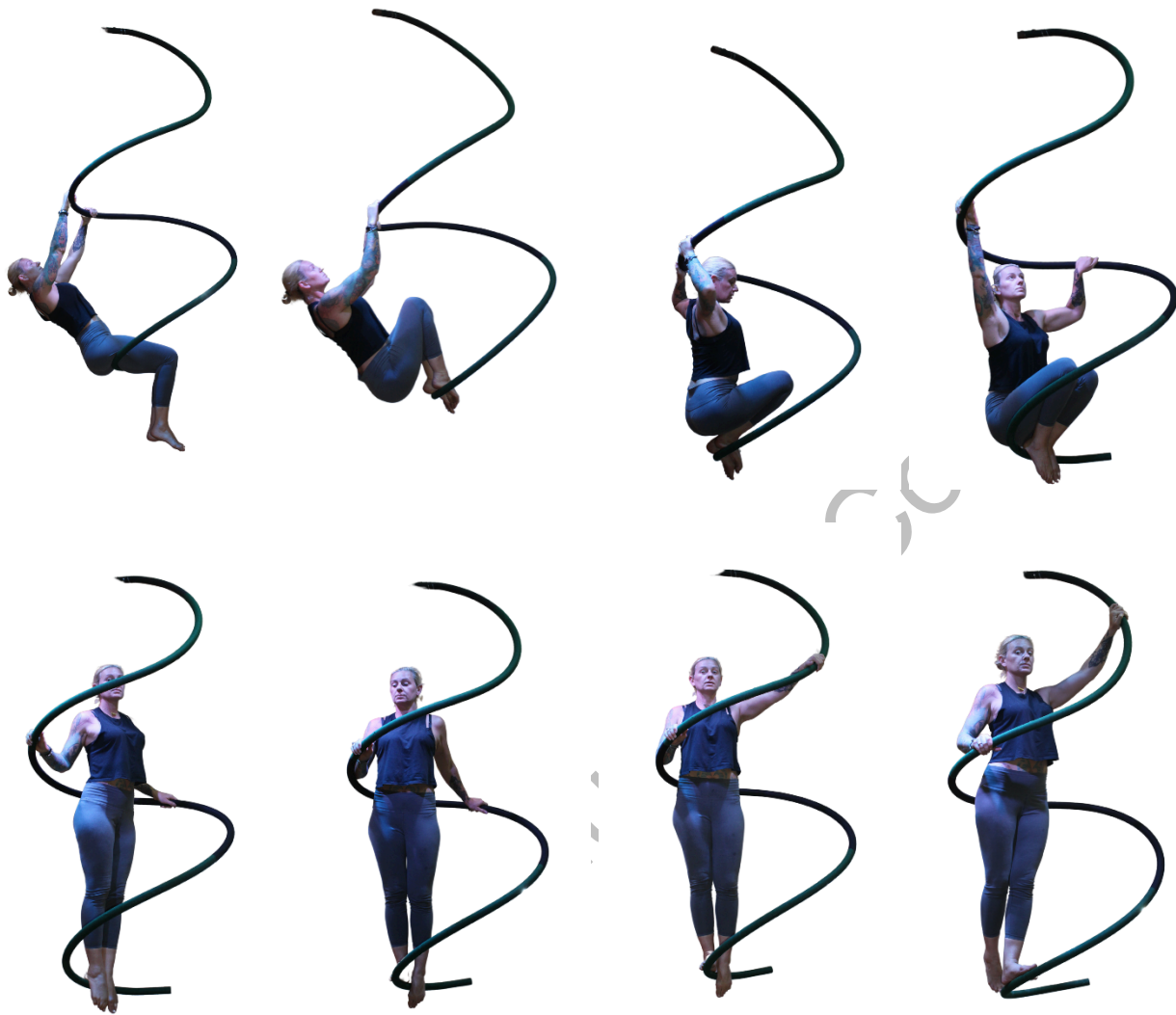
Key Cues for Students:

1. Start Seated: Sit facing inward on the spiral, spine tall, hips rooted.
2. Lean & Foot Placement: Lean upper body back outside the spiral; bring feet to your seated spot, heels only ('Barbie Foot'—toes down, weight on heels).
3. Balance: Shift weight fully to heels, engage core, and release hands—no neck/head support!
4. Hand Transition: Bring hands inside spiral one at a time, palms facing away—like pressing against glass.
5. Stand Up: Drive through heels, arms and legs synced—lift steady, no jerking! Hesitation = 'earthquake.' Stay fluid.

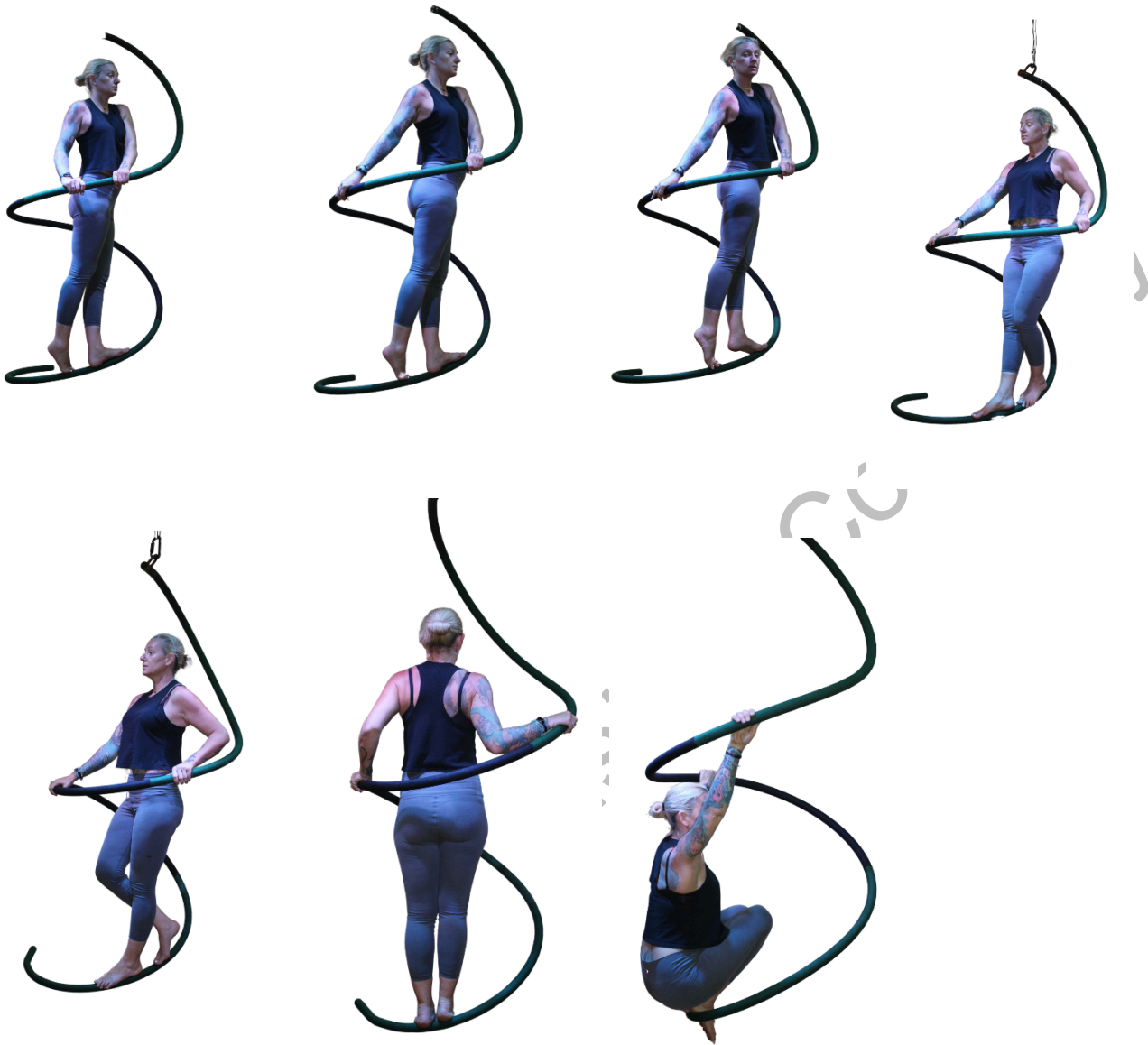
Spotting Cues for Instructors:

1. Position: Stand behind student, ready to support hips/lower back.
2. Feet/Heels: Check Barbie Foot alignment—toes pointed down, weight on heels. Tap heels: Press here, not toes.
3. Weight Shift: Light hand on hips to guide balance: Core tight, weight back into heels.
4. Hand Release: If student struggles to lift hands, brace their shoulders: I've got you—test balance slowly.
5. Standing Transition: Place one hand under hips to assist upward drive: Push through heels, arms steady. If spiral shakes (earthquake), stabilize structure with your free hand.
6. Risks: Prevent neck craning—cue Chest up, gaze forward. Monitor foot slippage: Heels glued!

Final Notes: Prioritize smooth, confident movements. Use tactical cues (e.g., tapping heels) to reinforce alignment. Drill Barbie Foot balance before progressing to standing.



The Ac



Walking forward up the spiral

Start by turning both feet so your toes are pointing up the spiral. It's crucial to stand tall, with your hips aligned directly over your heels and your shoulders stacked over your hips.

Lift your chest towards the ceiling and tighten your core to maintain a strong, upright posture.

Focus on feeling your feet on the spiral—avoid looking down at them, as this can throw off your balance. Take small, controlled heel-to-toe steps as you move upward, making sure to stay steady.

Continue stepping until you reach your desired height. Keep the movement smooth and deliberate to maintain balance and fluidity as you ascend the spiral. Hand placement for best balance is above the belly button and in the anterior plane (in front of you). Palms up are for balancing plates. Palms down are for balancing ourselves

Key Cues for Students:

1. Alignment: Stack shoulders over hips, hips over heels—stand tall like a lifted crown.
2. Core Engagement: Chest lifted to the ceiling, belly button to spine—tighten to stay upright.
3. Foot Focus: Feel the spiral under your feet—don't look down! Trust your footing.
4. Steps: Small, heel-to-toe steps—glue your gaze forward, move like a slow-motion reel.
5. Fluidity: Flow upward smoothly—no rushing. Jerky steps = wobbles!

Spotting Cues for Instructors:

1. Position: Walk alongside the students, slightly behind, hands near their hips/lower back.
2. Posture Check:
 - tap your own sternum to communicate lift Chest up, shoulders back.
 - Light hand on hips: Hinge forward? Reset hips over heels.
3. Foot Guidance:
 - Point to spiral ahead: Toes aim this direction—no duck feet!
 - If steps widen, cue: Shorten stride—heel kisses toe.
4. Balance Assurance:
 - Instruct the student to hiss to activate the entire core. This will also stabilize an earthquake.
 - Brace a hand under their elbow if they teeter: I'm here—recenter.
 - Remind: Breathe steady; eyes on the horizon, not feet.
5. Risks:
 - Prevent leaning back: Weight into heels, not toes.
 - Stop if hips shift sideways: Reset alignment before stepping.

Final Notes:

- Drill micro-steps first to build confidence.
- Use tactical cues (e.g., tapping hips or shoulders) to correct alignment without words.
- If the spiral shakes, pause and stabilize the structure before resuming.

Walking down the spiral

Start in your standing position, facing up to the spiral. To turn and face down the spiral, lift your heels and rotate on the balls of your feet, keeping your hands steady and in place. Once your feet are positioned correctly, slide your hands down to help with balance. Your higher hand should stay near your side, while your lower hand reaches out behind you, ideally at belly button height or higher. Walking down the spiral while rotating will feel unnatural, almost like using your non-dominant side. Take small heel-to-toe steps as you move, and remember, don't drop your head to look at your feet. Instead, feel where your feet are stepping. Maintain your tall posture as you descend, keeping your hips over your back heel and your chest lifted. To safely transition back into a seated position, face inward again, bringing your inner hand to your upper side. Bring your feet back into the Barbie foot position and lower your hips. until they replace your feet on the lower rung. This will guide you into a controlled seat.

Key Cues for Students:

1. Starting Position: Stand tall facing up the spiral—hips over heels, chest lifted, core tight.
2. Turning Down: Pivot on the balls of your feet—heels up, hands steady. Rotate like a slow-motion screw.
3. Hand Placement: Higher hand stays by your hip; lower hand reaches behind at belly-button height—palm as your compass.

4. Descending: Small heel-to-toe steps—feel the spiral, don't look down. Walk like you're on a balance beam.
5. Posture: Stay tall, hips over back heel, shoulders back. No slouching!
6. Transition to Seated:
 - Face inward, shift inner hand to upper side.
 - Feet into 'Barbie Foot' (heels on rung, toes down).
 - Lower hips slowly—replace feet with sit bones on the rung.

Spotting Cues for Instructors:

1. Position: Stand slightly below the student, facing them, hands ready to stabilize hips/shoulders.
2. During the Turn:
 - Guide their pivot: Light hand on hip to prevent over-rotation.
 - Cue: Hands steady—let feet lead the turn.
3. Descending:
 - Walk alongside, bracing their lower back if they lean too far.
 - Tap your own sternum to cue the chest lift: Chest up, no forward collapse.
4. Hand Placement:
 - Adjust their lower hand if it drifts: Keep it forward, belly-button height.
5. Footwork:
 - If steps get too big: Shorten stride—baby steps!
 - Tap their heel: Weight into heels, not toes.
6. Transition to Seated:
 - Support their hips as they lower: Control the sit—no plopping!
 - Check Barbie Foot: Heels glued, toes dangling.

Risks to Monitor:

- Head Dropping: Eyes forward, chin level—trust your feet!
- Hip Misalignment: Hips over heels—don't let them drift backward.
- Rushed Movement: Slow is smooth; smooth is safe.

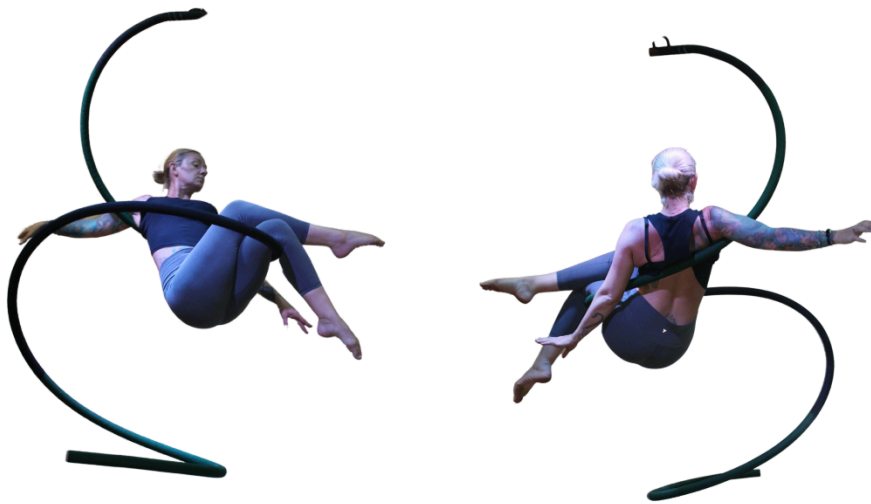
Final Notes:

- Drill pivoting and Barbie Foot balance before full descent.
- Use tactile cues (e.g., tapping hips or hands) to reinforce posture.
- If the student wobbles, pause and reset alignment before continuing.

Class 3 of 4 Level 1 Beginner Spiral

After reviewing the above warm up and conditioning for the beginning of class 3, continue to Level 1 class 3 curriculum.

Begin by reviewing class 1 and 2 and practice all previous curriculum.



Martini Sit on Upper Flat / Martini Sit Progressions

Start from a seated position on the spiral, then move into your stand and begin walking up. Once you've reached your desired height, lean your outside armpit onto the curve of the spiral, not the flat. You want your knees to rest comfortably on the flat part of the spiral. With your armpit in place, rotate your chest to face inside the spiral. This will allow your other armpit to find the spiral behind you. Next, bring your outside knee up to the same rung and position it comfortably in the knee pit (where your thigh connects to your lower leg). The closer your knee is to your hand, the more secure this hold will be.

Lastly, bring your remaining leg up and over to cross the other knee. This completes the Martini Sit. At this point, you can release your hands and rest comfortably in the pose. For an added touch of femininity, arch your back and let your hips drop down further, enhancing the graceful look of the pose.

Key Cues for Students:

1. Stand & Walk Up: From seated, stand tall—hips over heels, walk up with small heel-to-toe steps.
2. Armpit Anchor: Lean your outside armpit onto the spiral's curve (not flat), knees resting on the flat part.
3. Chest Rotation: Rotate chest inward to face the spiral—let the back armpit meet the spiral behind you.
4. Knee Placement: Bring outside knee to the same rung—nestle it into the 'knee pit' (crease behind the knee). Closer to hand = safer.

5. Leg Cross: Swing remaining leg over to cross knees—like folding into a seated twist.
6. Release & Refine: Hands off! Arch back slightly, drop hips for grace—but keep core engaged to protect your spine.

Spotting Cues for Instructors:

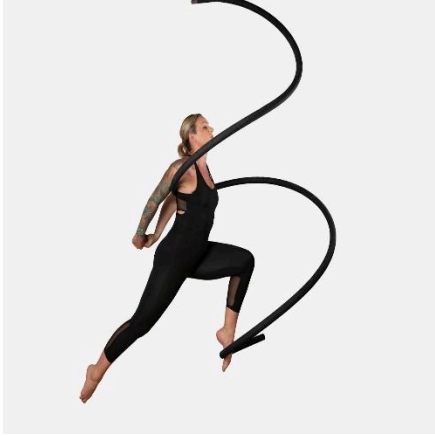
1. Position: Stand behind/beside the student, focusing on hip and shoulder stability.
2. Armpit Check: Tap the spiral's curve: Lean here, not the flat—press armpit into the bend.
3. Chest Rotation: Guide shoulder alignment: Rotate like opening a book—no twisting the spine.
4. Knee Security: Adjust knee placement if too far from hand: Scoot knee closer—creases lock into the rung.
5. Leg Cross: Steady hips as they swing the leg over: Control the cross—no momentum swings!
6. Back Arch: Place a hand under their lower back if over-arching: Lengthen, don't crunch—ribs over hips.
7. Hand Release: Brace their torso lightly as they let go: I'm here—test balance slowly.

Risks to Monitor:

- Armpit Slip: Ensure armpit grips the spiral's curve, not flat.
- Knee Strain: Keep knee bent at 90° in the pit (no hyperextension).
- Lower Back Compression: Cue Tailbone tucks slightly—arch from mid-back, not lumbar.

Final Notes:

- Drill knee pit positioning and armpit anchoring separately first.
- Use tactile cues (e.g., tapping the knee or armpit) to refine placement.
- Encourage slow transitions—speed increases instability in crossed-leg holds.
 - Progression from Martini Sit
 - Single Foot Contact point, just drop the legs down, hanging from the armpits with one foot in Barbie, the other extended back.
 - Or an additional progression is to release both feet and hang from just the armpits.



- A Third Progression would be to reach back one foot in each hand.



A Chandelier Pose

Start from your seated position, then stand up and walk until you reach the very top of the spiral, near the knot (the rigging point). Slide your dominant hand all the way up the spiral towards the rigging point but avoid placing it directly in the rigging. Close proximity ensures that your hand is secure and won't be pulled down by gravity on the curve of the spiral. Once your hand is in place, allow your arm and lateral to support your body weight. Gently step off the spiral with your feet in a controlled manner, letting the spiral hold your weight. Next, find where your body is naturally leaning into the spiral and place your other hand at that point to help center yourself. You may need to experiment with both hands and hanging positions to find your unique sweet spot, and don't hesitate to switch directions if needed.

The pose is beautiful just by hanging and lifting your chest toward the ceiling, but you can enhance it further by creating a swimming motion with your legs, hinging from the hips to add more fluidity and grace.

Key Cues for Students:

1. Starting Position: From seated, stand tall and walk up the spiral—small, steady steps to the top near the rigging point.
2. Hand Placement: Slide your dominant hand just below the rigging point—close but not touching it. Grip the curve, not the knot.
3. Weight Transfer: Let your arm and side body take your weight—step off the spiral slowly, like descending a ladder.
4. Balance & Adjustments: Find your lean—place your other hand where your body naturally tilts into the spiral. Shift hands or direction to find your sweet spot.
5. Form Refinement: Lift your chest to the ceiling—imagine a string pulling your sternum up. For flair, swim' your legs with gentle hip hinges.

Spotting Cues for Instructors:

1. Position: Stand close to the student's dominant side, near their hips/shoulders.
2. Hand Check: Verify their dominant hand is near (not on) the rigging point. Tap the spiral: Grip here—avoid the knot. Cue student to roll their shoulder down and back to activate the lateral. If you see their hanging from the shoulder socket, cue them to step down and review lateral activation from the floor before proceeding.
3. Weight Shift: Brace their torso as they step off: I'm supporting—lower with control.
4. Sweet Spot Search: Guide their non-dominant hand placement: Feel the pull? Anchor here. Adjust their hips if they lean too far.
5. Leg Movement: If adding the swim, cue: Hinge from hips, not knees—keep legs soft and fluid.
6. Shoulder Safety: Monitor for hyperextension: micro bend your elbow; don't lock the joint.

Risks to Monitor:

- Hand Slippage: Ensure dominant hand grips the spiral's curve firmly, not the rigging knot.
- Over-Leaning: Prevent torso collapse with cues: Chest up, ribs in.
- Leg Momentum: Control swinging legs to avoid destabilizing the spiral.

Final Notes:

- Practice weight hangs near the rigging point before full release.
- Use tactical cues (e.g., tapping hips or shoulders) to correct alignment.
- Encourage subtle movements—the pose thrives on stillness with optional flowing accents.

Class 4 of 4 Level 1 Beginner Spiral

After reviewing the above warm up and conditioning for the beginning of class 4, continue to Level 1 class 4 curriculum.

Begin by reviewing class 1, 2 and 3 and practice all previous curriculum.



Koala on the upper rung

Start from your standing position facing up the spiral. Lean your heart to the spiral. Next draw your outside leg heel to bum. Lifting outside leg above the upper rung bringing it to a resting place on the inner thigh. At this point, your inner thighs are making contact. Be mindful not to roll over the pelvic bones, as this can cause discomfort or pain. As you transition, your body will begin to face the outside of the spiral. Rest your body weight on the nape of your neck. For added stability, bring your bottom foot up to the spiral and flex it. Then, place your top foot in front of the flexed foot to cover it and maintain balance. Remember, this is a pose that requires finding your own sweet spot. It may take a few tries to get the alignment right, but with practice, it will become an easy and comfortable position. Finally, release your hands to let the pose settle into a relaxed, effortless form.

Key Cues for Students:

1. Lean & Leg Placement:
 - From a standing position lean chest forward on the curve—keep spine long, shoulders relaxed.
 - Sweep your higher leg over the upper rung to the outer side—inner thighs stay glued to the rung.
2. Weight Shift:
 - Lift and shift your hips using your arms—no rolling over the pelvis! Think ‘hover, don’t grind.’
 - Transition smoothly—body turns to face outside the spiral.
3. Chest & Neck:
 - Lower chest toward the spiral—rest weight on the nape of your neck, not your head.
4. Foot Stability:
 - Flex your bottom foot into the spiral; stack your top foot over it.
5. Balance & Release:
 - Find your sweet spot—tweak foot and hip alignment until the pose feels weightless.
 - Release hands only when steady—let the pose settle into effortless stillness.

Spotting Cues for Instructors:

1. Position: Stand beside the student’s hip/lower back during transitions.
2. Pelvic Alignment:
 - Place a hand on their hip to prevent rolling: Hover your pelvis—no pressure on bones.
3. Chest Lowering:

- Guide their shoulders: Nape of the neck, not skull. Brace their upper back if they collapse into the neck.

4. Foot Placement:

- Tap their bottom foot: Flex hard—grip the spiral. Adjust top foot if unstable: Cover the base foot completely.

5. Hand Release:

- Support their torso as they release hands: I'm here—test balance slowly.

6. Common Risks:

- Pelvic Rolling: Shift from arms, not hips!
- Neck Strain: Lengthen the back of the neck—chin slightly tucked.
- Foot Slippage: Check foot flex and stack no loose toes!

Final Notes:

- Drill pelvic hovering and nape-of-neck weight distribution separately first.
- Use tactile cues (e.g., tapping hips or feet) to refine alignment.
- Celebrate incremental progress—this pose rewards patience and subtle adjustments.



Elbow and Knee Hold Outward Facing

Imagine the spiral as a gymnastic bar and begin by standing at its base. As you step onto the first rung, start walking upward, using your hands to grip the rungs above for stability. Once you reach the upper rung, transition into a koala position. This koala position naturally places your body in the perfect alignment to move into an elbow or knee hold. From here, allow your body weight to shift downward, inside and behind bringing your torso beneath the rung. Place the weight of your upper body into the crook of your elbow and the pit of your knee, ensuring a secure and balanced hold. To enhance stability, clench your supporting hand into a fist, which activates your bicep and provides additional strength. Fully extend your lower arm and leg, creating a straight, elegant line that is both strong and aesthetically pleasing. This position not only demonstrates control and grace but also highlights the fluidity of your movement as you transition seamlessly from the koala to the elbow/knee hold.

Key Cues for Students:

1. Ascent:

- Walk up the spiral—grip rungs above with hands, step with purpose.
- Transition into a koala position: inner thigh on the spiral, knees and elbows bent, hugging the structure.

2. Weight Shift:

- Shift weight downward—torso sinks beneath the rung, loading into the elbow crook and knee pit.
- Clench your supporting hand into a fist—fire up that bicep!

3. Hold & Extension:

- Extend your free arm and leg into a straight line—stretch fingertips to toes like a taut wire.
- Chest proud, gaze forward—show off your outward-facing elegance.

4. Stability:

- Squeeze the spiral with your elbow and knee—imagine crushing a walnut in those creases.
- Core engaged—no sagging hips or arched back.

Spotting Cues for Instructors:

1. Position: Stand below/behind the student, hands ready to support hips or torso.

2. Koala Transition:

- Check grip: Hands at chest gripping the spiral
- Guide Inner thigh on the spiral: Hug it like a tree!

3. Weight Shift:

- Brace their torso as they lower: Control the descent—no dropping.
- Tap elbow/knee: Weight here, in the joints.

4. Extension:

- Adjust free limb alignment: Reach through the heel, lengthen the arm.
- Cue symmetry: Hips square, shoulders level—no twisting.

5. Risks to Monitor:

- Elbow Hyperextension: micro bend the supporting arm—don't lock!
- Sliding from Hold: Fist tighter, knee pit deeper.
- Grip Fatigue: Shake out hands before ascending.

Final Notes:

- Drill the koala position and fist engagement separately before combining.
- Use tactical cues (e.g., pressing the elbow/knee into the rung) to reinforce contact points.
- Encourage slow transitions—this pose demands precision over speed.
- For advanced students, challenge them to hold the extension longer or add subtle leg sweeps for flair.

Elbow and Knee Hang on Upper Rung outward facing



Transition to internally facing.



To transition from an outward-facing elbow/knee hang to an internally-facing elbow/knee hang on a spiral, begin by stabilizing your outward-facing position, ensuring your upper elbow and knee pit are securely anchored to the upper rung and your lower arm and leg are fully extended in a straight line. Engage your core to maintain control as you initiate the rotation by slightly bending your lower arm and leg, allowing flexibility for movement. Gradually shift your weight toward the side of your supporting elbow and knee, using your core to twist your torso inward toward the spiral. As you rotate, your lower arm and leg will take the place of your upper arm and leg, effectively swapping positions.

Adjust your grip if necessary and guide your lower leg around the rung, repositioning your knee pit for the external hang. Once your torso is facing inward, re-anchor your new upper elbow and knee pit onto the rung, ensuring your body is now positioned beneath it in the internally facing orientation. Fully extend your new lower arm and leg again, creating a straight, aesthetically pleasing line, and clench your supporting hand into a fist to activate your bicep for added stability. Throughout the transition, keep your core engaged and movements controlled to maintain balance and fluidity, showcasing both strength and grace.

Note: Hanging on the exterior of the spiral puts you at greater risk of falling, as your center of gravity is further from the structure, and the spiral is no longer hugging around you. Always ensure you have a secure grip and proper body alignment to minimize risk and consider practicing over a soft surface or with a spotter until you are confident in your technique.

Key Cues for Students:

1. Stabilize Outward Facing:
 - Anchor your upper elbow and knee pit to the rung—lower arm/leg extended.
 - Clench your fist, fire up the bicep—core tight to lock in control.
2. Initiate Rotation:
 - Bend your lower arm/leg slightly—create slack to pivot.
 - Twist from the core, not the limbs—imagine wringing a towel inward toward the spiral.
3. Weight Shift & Swap:
 - Shift weight to your supporting side—elbow and knee become your axis.
 - Swivel hips and shoulders as one unit—lower limbs replace upper limbs seamlessly.
4. Re-Anchor Externally:
 - Re-grip and nestle the new knee pit into the rung—body now hugs the spiral's exterior.
 - Extend the new lower arm/leg into a straight line—fist clenched; bicep active.
5. Safety Focus:
 - Exterior hangs = higher risk! Keep your center of gravity close to the spiral.
 - Move like molasses—speed kills stability.

Spotting Cues for Instructors:

1. Position: Stand below the student's rotating side, hands ready to brace hips/torso.
2. During Rotation:
 - Guide hips with both hands: Rotate as one piece—no disjointed twists!
 - Cue: Core first, limbs follow—don't let the legs lead.
3. Grip & Anchor Check:
 - Tap the new elbow/knee: Dig this pit into the rung—no sliding.
 - Adjust fist grip: Squeeze the spiral like you're juicing an orange.
4. Limb Safety:
 - Prevent hyperextension: micro bend the lower arm—elbow soft.

- Monitor foot placement: No dangling toes.

5. Risk Mitigation:

- If the spiral shakes, stabilize the structure: Pause—reset alignment.
- Over a crash mat: Practice here until inward transitions feel glued.

Common Risks to Watch:

- Over-Rotation: Hips swinging past the spiral's plane. Correct with: Hips follow shoulders, no extra twist!
- Collapsing Core: Student sags mid-transition. Cue: Belly button to spine—stay compact!
- Rushed Movement: Slow it down—precision beats speed.

Final Notes:

- Drill weight shifts and core-driven rotations on the ground first.
- Use tactical cues (e.g., tapping your core to cue the student's core during twists).
- Celebrate incremental progress—this transition demands patience and body awareness.

Progression to Delilah



A natural progression from the elbow/knee hang on the spiral is transitioning into a Delilah, a dynamic and elegant move that involves an opposite hand-to-foot rotation while hanging beneath the upper rung. Start by anchoring yourself in a stable elbow/knee hang, ensuring your upper elbow and knee pit are securely gripping the rung, bring your lower arm up to take the place of the other arm. Engage your core to maintain control and stability as you prepare for the rotation. Release your new lower arm and leg from their extended position, allowing your body to pivot slightly, and reach your opposite hand (e.g., your left hand if your right knee is anchored) toward your opposite foot (e.g., your left foot). This creates a rotational reach that twists your torso, showcasing flexibility and control. As you rotate, keep your anchored knee and elbow firmly secured, using your core to guide the movement and keep your body close to the spiral. Once your hand meets your foot, hold the position briefly to emphasize the extension and symmetry of the move. To exit, slowly unwind your body, returning to the elbow/knee

hang or transitioning into another position. The Delilah requires practice to master but highlights fluidity, strength, and grace, making it a stunning progression from the foundational elbow/knee hang.

Key Cues for Students:

1. Anchor First: Secure your elbow and knee pit on the upper rung—squeeze like a vice grip. Lower arm/leg straight as an arrow.
2. Core Activation: Belly button to spine—tighten your core like you're bracing for a gentle punch.
3. Initiate Rotation:
 - Release your lower arm/leg—let them float free, replacing the upper elbow with the hanging hand. Then reach the opposite hand to the opposite foot (e.g., left hand to left foot).
 - Twist from your ribs, not your hips—imagine drawing a rainbow with your fingertips.
4. Hold & Extend: Touch hand to foot, then stretch both away—create a 'infinity' shape beneath the spiral. Breathe into the stretch!
5. Exit Control: Unwind slowly—like rewinding a film reel—back to elbow/knee hang. No sudden drops!

Spotting Cues for Instructors:

1. Position: Stand beneath the student's rotating side, hands near anchored leg for assisted pressure if needed.
2. Anchor Check:
 - Tap the anchored knee/elbow: Lock this down—no slipping!
 - Monitor grip: Fist tight, bicep engaged.
3. Rotation Support:
 - Guide the hand-to-foot connection: Reach here—aim for the arch.
 - Stabilize hips if they wobble: I've got your twist—keep it slow.
4. Spinal Safety:
 - Prevent over-rotation: Tap their ribcage. Twist from here, not your lower back.
5. Exit Strategy:
 - Brace their lower back during unwind: Control the return—muscle by muscle.

Risks to Monitor:

- Anchor Failure: Knee/elbow slipping? Reset before rotating.
- Over-Twisting: Shoulders and hips stay aligned—no pretzel spins!
- Momentum Swing: No flinging! Move like honey pouring.

Final Notes:

- Drill the hand-to-foot reach on the ground first to build muscle memory.
- Use tactical cues (e.g., pressing the student's ribs to initiate rotation).
- For progression, add a leg sweep or hold the star shape longer.
- Always spot over a crash mat until the student masters-controlled transitions.

Progression to Unicorn



An additional progression from the elbow/knee hang is transitioning into the Unicorn, a visually striking move that combines strength, flexibility, and balance. Begin in your elbow/knee hold beneath the upper rung of the spiral, ensuring your upper knee pit is securely anchored and your upper hand is firmly gripping the rung, with your lower arm and leg fully extended in a straight line. Engage your core to stabilize your body as you prepare for the transition. From the straight-line hold, point your lower leg straight down, to bring it toward your lower shoulder. Simultaneously, reach your same-side hand (the lower one) straight out from the shoulder, grasping the ankle of your lower leg. This creates a dramatic line that extends from your anchored knee, through your torso, and out to your reaching hand and ankle. Hold the position briefly, emphasizing the extension and control required to maintain the shape. To exit, slowly release your ankle, straighten your leg, and return, transitioning back to the elbow/knee hang or into another position.

Key Cues for Students:

1. Anchor & Stabilize:

- Lock your upper knee pit into the rung—squeeze hard. Grip the rung with your upper hand like you're crushing a walnut.
- Lower arm and leg fully extended—straight line from fingertips to toes.
- Core tight—imagine zipping into a corset to stabilize.

2. Initiate Unicorn Shape:

- Point your lower leg straight down like an arrow, then draw it toward your lower shoulder—keep the leg straight, no bending!
- Reach your same-side hand (lower arm) out from the shoulder—palm up, fingers reaching for your ankle.

3. Grip & Extend:

- Grasp your ankle firmly—thumb on the Achilles tendon, fingers wrapping the front.
- Stretch through both ends: anchored knee pulls up, hand-and-ankle line pulls out.

4. Hold & Refine:

- Chest open, gaze forward—show off the ‘unicorn horn’ line from knee to hand.
- Breathe into your ribs—no collapsing!

5. Exit Safely:

- Release ankle slowly lower leg with control, like unspooling a ribbon.
- Reset to elbow/knee hang before transitioning further.

Spotting Cues for Instructors:

1. Position: Stand below the student's lower side, hands ready to support hips/lower back.

2. Anchor Check:

- Tap the upper knee pit: Dig this into the rung—no sliding!
- Verify upper hand grip: Knuckles white? Good. Keep that squeeze.

3. Leg & Arm Guidance:

- Guide the lower leg toward the shoulder: Draw it in a straight line—no swinging.
- Assist hand-to-ankle connection if needed: Reach here—aim for the ankle bone.

4. Spinal Alignment:

- Place a hand on their upper back: Chest up—no hunching toward the spiral.
- Prevent lateral tilt: Hips level—don't let one side sag.

5. Exit Support:

- Create pressure on the anchored leg as they release the ankle: Lower like an elevator—no free-falling.

Risks to Monitor:

- Ankle Grasp Slip: Firm grip on ankle—no loose fingers!
- Spinal Compression: Lengthen the spine—no crunching toward the spiral.
- Anchor Instability: If the knee slips, reset immediately.

Final Notes:

- Drill ankle grabs and leg alignment on the ground first.
- Use tactical cues (e.g., pressing the student's leg into a straight line).
- For advanced students, add a backbend or extend the free arm overhead for drama.
- Always spot over a crash mat until the student demonstrates controlled transitions.
- This move rewards patience—celebrate incremental progress in flexibility and balance!



Progression to Straddle Invert

One final progression from the elbow/knee hang is the straddle invert, an advanced move that requires significant strength, coordination, and proper spotting.

Note: This is not a beginner level move and should only be attempted with proper supervision and preparation.

Begin in your elbow/knee hang beneath the upper rung of the spiral, ensuring your upper knee pit is securely anchored. Return both hands to the spiral in a mixed grip (one hand facing inward, one hand facing outward), sliding them closer to the hanging knee with both thumbs facing upward along the spiral. Engage your core and prepare for the inversion by using your non-hanging leg as momentum. Thrust it over the same-side shoulder, counterbalancing your weight as you lift your body upward. As you invert, remove the actively hanging leg from the rung and extend it to match the other leg, creating a full straddle position. In this pose, your full body weight is supported by your hands, with your arms and legs completely extended, and your body fully inverted. To exit the straddle invert, bring one knee back inside the spiral, hooking it onto the rung to return to a knee hang. This progression is a challenging yet impressive move that demonstrates advanced aerial strength and control, but it should always be approached with caution and proper spotting to ensure safety. This is not a beginner level move, but is an easy transition or exit from the elbow knee holds.

Key Cues for Students:

1. Anchor & Grip Setup:

- Secure your upper knee pit on the rung—squeeze like a clamp.
- Return both hands to the spiral in a mixed grip (one facing in, one facing out), thumbs up—slide hands close to your anchored knee.

2. Prep for Inversion:

- Engage your core like you're about to lift a boulder—ribs zipped tight.
- Use your non-hanging leg as a pendulum—swing it back slightly for momentum.

3. Invert & Straddle:

- Thrust the free leg over your same-side shoulder—kick like you're punting a ball upward.
- As you invert, peel the anchored knee off the rung and extend both legs into a wide straddle—toes pointed, legs like scissors.
- Arms straight, shoulders active—balance weight evenly across both hands.

4. Hold & Exit:

- Inverted straddle = body as a 'V'—hips over shoulders, gaze between hands.
- To exit: Tuck one knee back into the spiral, hook it on the rung, and lower with control—no crashing down!

Spotting Cues for Instructors:

1. Position: Stand directly behind the student, hands ready to support hips/lower back.
2. Grip & Setup:
 - Check mixed grip alignment: Thumbs up—no sliding!
 - Reinforce core: Brace your abs—I'll tap when ready.
3. During Inversion:
 - Place one hand on their lower back, the other under their free thigh:
 - I'll boost your lift—kick up and over my hand.
 - Guide leg trajectory: Aim your foot toward the ceiling, not sideways!
4. Straddle Stability:
 - Brace their hips if they wobble: Squeeze your legs—straddle wide but controlled.
 - Cue alignment: Hips over hands—bring your pelvic to your wrists!
5. Exit Safety:
 - Support their torso as they re-hook the knee: Lower like a feather—I've got your weight.
 - If they panic mid-invert: Tuck chin, bend elbows, and I'll lower you slowly.

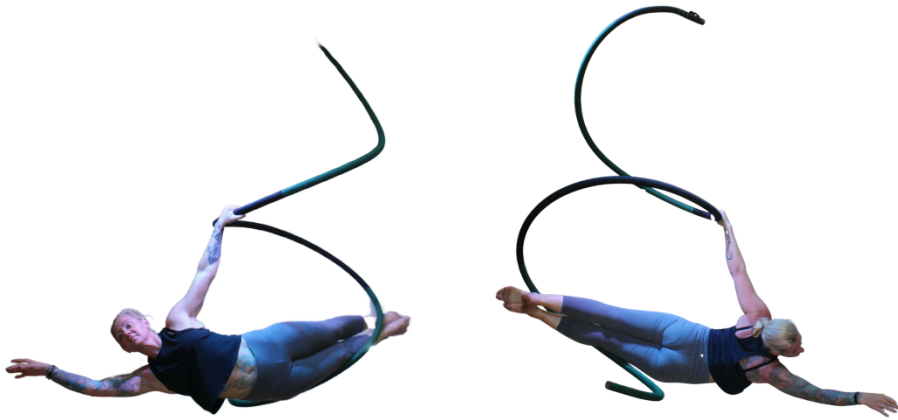
Risks to Monitor:

- Grip Failure: Thumbs-up grip slipping? Reset immediately.
- Over-Rotation: Invert straight up—no twisting or arching sideways.
- Neck Strain: Head neutral—no craning to look behind!

Final Notes:

- Prerequisites: Mastery of straddle inverts on the ground and strong elbow/knee hangs.
- Prep Drills:
 - Practice leg thrusts (without inverting) to build momentum control.
 - Drill mixed grip hangs to build endurance.
- Spotting Mandatory: Never attempt without a spotter until the student demonstrates flawless control.
- Crash Mat Essential: Always position mats beneath—even experienced students can slip.
- Build Strength First: Focus on shoulder shrugs and hollow body holds to prep for the invert.

This move is the pinnacle of spiral progression—rewarding but demanding respect for its risks. Prioritize safety over ego!



Mermaid Pose

To perform the mermaid, pose on a spiral, begin in a seated position internally facing the spiral, with your legs extended straight and resting inside the structure. Place your hands on the upper rung for support, engage your core, and slowly lean your upper body backward, allowing your torso to move out of the spiral while keeping your legs straight and inside. Shifting your legs towards the upper side of the spiral, let your legs rise so shins can meet the inside of the spiral, shift your weight onto your upper thigh, rolling your body onto the side of your thigh closest to the spiral to create a stable base. Reach your lower hand to grip the upper rung for support, while your same-side hand can rest on the spiral or extend outward for balance. Your body should now be externally facing, with your legs extended upward and your feet higher than your head, creating a clean, elegant line.

Hold the pose by engaging your core and maintaining a firm grip on the upper rung with your opposite hand, allowing your upper body to relax into the position. To exit, slowly lower your legs back down the spiral, using your core and hands to control the movement, and return to the seated position. This pose requires strength and balance.

A combo from this pose is to roll back into the spiral using the orbit to rotate straight into a lower facing Arabesques.

Key Cues for Students:

1. Starting Position: Sit facing inward on the spiral, legs straight inside the structure, hands gripping the upper rung.
2. Lean Back: Engage your core, lean your torso backward out of the spiral, keeping legs straight and anchored inside.
3. Shift Legs: Move legs toward the upper side of the spiral, pressing shins into the structure. Roll onto the side of your upper thigh for stability.
4. Balance & Grip: Reach your lower hand to grip the upper rung; same-side hand rests on the spiral or extends outward.
5. Hold: Keep legs extended upward (feet above head), core tight, and chest open. Breathe steadily.
6. Exit: Lower legs slowly down the spiral using core control, hands guiding the return to seated.
7. Combo Transition: From Mermaid, roll back into the spiral to pivot into a lower-facing Arabesque—smooth and intentional.

Spotting Cues for Instructors:

1. Position: Stand behind the student, near their hips/lower back.
2. During Setup: Ensure hands are secure on the upper rung and legs are centered in the spiral.
3. Lean & Shift: Support the student's lower back as they lean out. Guide leg shift to prevent over-rotation.
4. Balance Check: Steady their hips if wobbling. Cue: Press shins into the spiral—weight on the thigh, not hip.
5. Grip Safety: Verify the opposite hand's grip on the rung. Apply pressure if needed.
6. Exit Control: Brace their torso during leg lowering. Prevent collapsing with cues: Core engaged, slow motion.
7. Combo Transition: Spot the roll-back closely, stabilizing shoulders and hips to avoid sudden drops into Arabesque.

Risks to Monitor:

- Weight Misplacement: Ensure weight stays on the upper thigh, not hip joint.
- Grip Fatigue: Watch for hand slippage on the upper rung.
- Neck Strain: Cue Head neutral, gaze forward to avoid craning.
- Momentum in Combo: Prevent uncontrolled rolling—transition must be deliberate.

Progression Note: Master Mermaid balance before attempting the Arabesque combo. Drill the roll-back transition separately with spotter support.

Final Reminder: Prioritize control over flair. Use tactical cues (e.g., tapping the thigh for alignment) to reinforce stability.

Finish this 4th class by taking all of the poses and transitions you've learned and create stackable combos.

Here's a clean, numbered list of 20 fill-in-the-blank combo ideas for students to design their own sequences. Copy and paste as needed!

1. _____ → _____ → _____
2. Start in _____, transition to _____, finish in _____
3. _____ shifts into _____, then flows into _____
4. From _____, invert to _____, exit via _____
5. Balance in _____, rotate to _____, hold in _____
6. _____ rolls into _____, then pivots to _____
7. _____ lifts to _____, unwinds into _____
8. Anchor in _____, swing to _____, stabilize in _____
9. _____ descends to _____, ascends to _____
10. From _____, twist into _____, extend into _____
11. _____ grips, _____ releases, _____ rebalances
12. Start grounded in _____, spiral up to _____, invert to _____
13. _____ hinges to _____, kicks into _____
14. _____ holds, _____ transitions, _____ suspends
15. From _____, counterbalance to _____, collapse into _____
16. _____ presses, _____ floats, _____ anchors
17. _____ spirals into _____, then resets to _____
18. _____ reaches, _____ rotates, _____ stabilizes
19. From _____, thread through _____, finish in _____
20. _____ suspends, _____ pivots, _____ releases

Instructions for students:

- Replace each blank with moves from your spiral curriculum (e.g., Mermaid Pose, Straddle Invert, Delilah).
- Avoid excluded moves (Figure Head, Ballerina Splits, Handstands).
- Focus on smooth transitions and creative links!

Let creativity guide the flow! 🌟

Cool Down + Stretch for Beginner Spiral Class

Breath & Body Check-In

- Sit or lie down comfortably.
- Take 3–5 deep breaths: inhale through the nose, exhale through the mouth.
- Gently close your eyes, let your heart rate slow, and feel the connection to the floor or ground.

Cat-Cow Rolls (Spine)

- Come to all fours (hands under shoulders, knees under hips).
- Inhale: arch your spine, lift your tailbone and chin (Cow).
- Exhale: tuck your pelvis, round your back, chin to chest (Cat).
- Add gentle side-to-side wagging to tap into that spiral energy.

Thread the Needle (Shoulder/Upper Back)

- From all fours: inhale, reach right arm to the sky.
- Exhale: thread it under the left arm, bringing your right shoulder and ear to the mat.
- Breathe into your upper back.
- Repeat on the left side.

Seated Side Body Stretch

- Sit in a comfortable cross-legged position.
- Inhale, reach right arm up and over as you bend to the left.
- Feel the stretch from hip to fingertips.
- Repeat on the other side.

Figure Four Stretch (Glutes/Hips)

- Lie on your back, cross your right ankle over your left knee.
- Pull your left thigh toward you for a deeper stretch.
- Keep head and shoulders relaxed.
- Switch sides.

Supine Twist (Spinal Release)

- Lie on your back, arms out in a T.
- Bring knees to chest, then drop them to the right as you look to the left.
- Keep shoulders grounded.
- Switch sides.

Butterfly Fold (Inner Thighs/Hips)

- Sit up, bring the soles of your feet together, and let your knees fall out to the sides.
- Gently flutter the knees, then fold forward, keeping your spine long.

Hamstring Stretch

- Extend your right leg forward, left foot to inner thigh.
- Inhale, sit tall. Exhale, fold over the extended leg.
- Keep the foot flexed and the knee soft.

- Switch sides.

Wrist Rolls & Neck Circles

- Gently roll wrists in both directions.
- Interlace fingers and press palms forward.
- Drop right ear to right shoulder and gently circle the head.
- Switch directions.

Closing Breath & Gratitude

- Sit in a comfortable position.
 - Inhale arms overhead, exhale hands to heart center.
 - Take a moment to feel gratitude for your body, your movement, and your spiral practice.
 - Optional affirmation: *I am strong. I am centered. I spiral with intention.*
-

Level 2 Upper Beginner

Warm-Up for Level 2

1. Dynamic Arm Swings with Resistance
 - How to Do It: Hold light resistance bands or small weights (1-2 lbs.). Swing arms in large, controlled circles forward and backward, gradually increasing speed. Alternate between single-arm and double-arm swings.
 - Purpose: Activates shoulders, improves mobility, and builds upper body endurance.
2. Lateral Leg Swings with Ankle Weights
 - How to Do It: Stand on one leg and swing the opposite leg side-to-side across the body. Add ankle weights (1-2 lbs.) for resistance. Perform 10-12 swings per leg.
 - Purpose: Improves hip mobility, engages stabilizer muscles, and prepares the lower body for dynamic movements.
3. Dynamic Cat-Cow with Leg Lift
 - How to Do It: On all fours, alternate between arching your back (cow) and rounding it (cat). As you arch into cow pose, extend one leg straight back; as you round into cat pose, bring the knee to your forehead. Alternate sides.
 - Purpose: Enhances spinal flexibility, engages the core, and activates the glutes.
4. High Knees with Arm Drive

- How to Do It: Jog in place, bringing knees up to hip height while driving opposite arms forward. Increase speed for 30 seconds, then slow down for 30 seconds.
 - Purpose: Elevates heart rate, improves coordination, and warms up the entire body.
-

Split-Specific Stretches

1. Low Lunge with Hip Flexor Stretch

- How to Do It: Step one foot forward into a lunge, keeping the back knee on the ground. Sink your hips forward and down, feeling a stretch in the hip flexor of the back leg. Hold for 20-30 seconds per side.
- Purpose: Prepares the hips and legs for splits by stretching the hip flexors and quads.

2. Half Splits Stretch

- How to Do It: From a low lunge, straighten the front leg and flex the foot. Hinge at the hips to reach toward the front foot, keeping the back knee on the ground. Hold for 20-30 seconds per side.
- Purpose: Stretches the hamstrings and prepares the legs for full splits.

3. Frog Stretch

- How to Do It: On all fours, widen your knees as far as comfortable, keeping your feet in line with your knees. Lower your hips toward the ground, feeling a stretch in the inner thighs. Hold for 20-30 seconds.
 - Purpose: Opens the hips and stretches the adductors, essential for middle splits.
-

Hip Mobility Stretches

1. 90/90 Hip Stretch

- How to Do It: Sit on the floor with one leg bent at 90 degrees in front of you and the other leg bent at 90 degrees to the side. Lean forward over the front leg, then shift your weight to the side leg. Hold each position for 20-30 seconds per side.
- Purpose: Improves internal and external hip rotation, essential for dynamic movements.

2. Butterfly Stretch with Forward Fold

- How to Do It: Sit with the soles of your feet together and knees bent outward. Hold your feet and gently press your knees toward the ground. Hinge at the hips to fold forward, keeping your back straight. Hold for 20-30 seconds.
- Purpose: Stretches the inner thighs and increases hip flexibility.

3. Hip Circles

- How to Do It: Stand on one leg and lift the other knee to hip height. Rotate the lifted leg in large circles, first clockwise, then counterclockwise. Perform 8-10 circles per direction, then switch legs.
 - Purpose: Improves hip mobility and range of motion.
-

Wrist and Ankle Stretches

1. Wrist Flexor and Extensor Stretch

- How to Do It: Extend one arm straight out, palm facing up. Use the opposite hand to gently pull the fingers back toward your body, stretching the forearm. Switch to palm facing down and pull the fingers back. Hold each position for 20-30 seconds per arm.
- Purpose: Increases wrist flexibility and prevents strain during weight-bearing exercises.

2. Wrist Circles

- How to Do It: Extend your arms straight out and rotate your wrists in slow, controlled circles. Perform 10-12 circles in each direction.
- Purpose: Warms up the wrists and improves mobility.

3. Ankle Alphabet

- How to Do It: Sit on the floor with one leg extended. Trace the alphabet in the air with your toes, moving only your ankle. Switch to the other foot.
- Purpose: Increases ankle mobility and prepares the joints for dynamic movements.

4. Calf Stretch with Towel

- How to Do It: Sit with one extended leg and loop a towel around the ball of your foot. Gently pull the towel toward you, keeping the leg straight. Hold for 20-30 seconds per leg.
- Purpose: Stretches the calves and Achilles tendon, improving ankle flexibility.

Level 2 Conditioning

Conditioning for Level 2 Students

1. Inside Leg Hangs (Using the Bottom of the Spiral)

- How to Do It: Lay underneath the spiral and grip the lower rungs with your hands. Lift one leg and hook the knee over the rung, allowing your body to hang. Engage your core and hold the position for 10-15 seconds. Switch legs and repeat.
- Progression: Add a slight swing or pulse to increase intensity.
- Purpose: Builds grip strength, core stability, and leg endurance.

2. Standing Crunches (Hanging from the Upper Rung)

- How to Do It: Stand on the ground and grip the upper rung with both hands. Lean back slightly, engaging your core, and pull your knees toward your chest in a crunching motion. Lower your legs back down with control. Perform 10-12 reps.
- Progression: Straighten your legs for a more advanced variation (tuck to pike).
- Purpose: Strengthens the core, shoulders, and grip while improving coordination.

3. Straight Leg Lifts (From a Seated Position Leaning Forward)

- How to Do It: Sit on the floor with your legs extended straight in front of you. Lean forward slightly, placing your hands on the side of your knees for support. Engage your core and lift

your legs straight up, keeping them together. Lower them back down with control. Perform 10-12 reps.

- Progression: Hold a light weight between your feet or add a pulse at the top of the lift.
- Purpose: Targets the lower abs and hip flexors while improving core strength.

4. Plank Variations

- Plank with Shoulder Taps: Hold a plank position and alternate tapping each shoulder with the opposite hand. Keep your hips stable.
- Side Plank with Hip Dips: Transition to a side plank and lower your hip toward the ground, then lift back up. Perform 8-10 reps per side.
- Purpose: Builds core stability, shoulder strength, and endurance.

7. Single-Leg Glute Bridges with Hold

- How to Do It: Lie on your back with one leg extended straight up. Lift your hips into a bridge, hold for 3 seconds, then lower back down. Perform 10-12 reps per leg.
- Purpose: Strengthens the glutes, hamstrings, and core while improving balance.

8. Diamond Push-Ups

- How to Do It: Place your hands close together in a diamond shape and perform push-ups. Keep your elbows close to your body.
 - Purpose: Targets the triceps, chest, and shoulders while increasing upper body strength.
-

Key Notes for Level 2 Students

- Focus on Form: As movements become more complex, proper alignment and control are crucial to prevent injury.
- Gradual Progression: Increase intensity or resistance only when students demonstrate mastery of the foundational exercises.
- Spotting and Safety: For advanced moves like inversions or weight exercises, ensure proper spotting and supervision.

Upper Beginner Level 2 Class Poses

Class 1 of 4

Week 5-8: Building Foundations

After reviewing the above warm up and conditioning for the beginning of this level, continue to Level 2 class 1 curriculum. Begin by reviewing level 1 and practicing all the previous curriculum.

Plank upward facing across spiral



To perform an upward-facing plank on the spiral, begin by sitting on the lower rung with your legs extended in front of you and your hands gripping the upper rungs for support. Engage your core, shifting your weight allowing the tops of your feet to hook under the rung across from you. This foot placement creates a secure anchor point, enabling you to balance your body in a horizontal position. Once your feet are firmly hooked, slowly release your hands from the rungs, extending your arms straight out to the sides or forward for balance. Your body should now be in a straight line, parallel to the ground, with your chest facing upward and your core fully engaged. The upward-facing plank is an illusion that appears effortless but requires maximum effort, particularly from your core, legs, and upper body, to maintain stability and control. To exit the pose, carefully regrip the rung above you with your hands, unhook your feet, and lower yourself back to the seated position. This move combines strength, balance, and precision, making it a challenging yet visually stunning addition to any spiral routine.

Key Cues for Students:

1. Starting Position: Sit on the lower rung, legs extended, hands gripping rungs overhead—spine tall, shoulders relaxed.

2. Hook Movement: Hook feet under the opposite rung (tops of feet anchored).
3. Balance: Release hands slowly—arms extend sideways or forward, body in a straight line (chest up, hips level). Squeeze glutes, ribs tucked.
4. Hold: Breathe into your belly—no sagging! Imagine balancing a glass of water on your hips.
5. Exit: Re-grip rungs first, then unhook feet—lower with control, don't collapse.

Spotting Cues for Instructors:

1. Position: Stand beside students' hips, one hand under their lower back, the other near their feet.
2. Hook Movement: Guide feet under the far rung. Brace hips if they sag.
3. Foot Hook: Check foot placement: Tops of feet pressed into rung—toes flexed; ankles active.
4. Arm Release: Support torso as hands release: I've got you—extend arms slowly. Cue their core: Belly button to spine!
5. Alignment: Adjust hips if uneven: Level your pelvis—no tilting. Cue: Chest proud, gaze forward (no neck craning).
6. Exit Safety: Steady their shoulders during re-grip: Hands first, then feet—slow and steady.

Risks to Monitor:

- Hip Sag: Core engagement lost? Cue 'zip ribs together' or spot lower back.
- Foot Slippage: Feet unhooking? Reset grip or adjust foot flexion.
- Elbow Hyperextension: micro bend elbows if locking.
- Panic Release: If they drop suddenly, guide hips down—avoid jarring the spine.

Pro Tips:

- Drill hooked foot balance and core engagement on the ground first.
- Use tactical cues (e.g., pressing student's feet into the rung) to reinforce anchor points.
- For progression, challenge students to hold the plank longer or lift one arm/leg slightly.

Plank Downward facing across spiral



To perform a hip-balanced plank on the spiral, begin by positioning yourself externally facing the spiral, with your upper hips (the meaty portion, not the hip bones) resting on the lower rung. Find your sweet spot, where your weight is evenly distributed and balanced. Engage your core and slowly fold your upper body forward, reaching your feet toward the opposite side of the spiral for support. As you fold, lift one leg and guide your foot to the opposite side, pressing the bottom of your foot firmly against the underside of the rung. Repeat with the other leg, ensuring both feet are securely pressed against the rung. Once your feet are anchored, use the pressure from your legs to push upward, lifting your torso into a horizontal position. Carefully release your hands from the rungs, extending your arms straight out to the sides or forward for balance. Your body should now be in a straight line, parallel to the ground, with your hips balanced on the rung and your core fully engaged. The hip-balanced plank is a move that appears effortless but requires significant strength, control, and precision to maintain stability. To exit the pose, regrip the rungs with your hands, release your feet, and slowly lower yourself back to the starting position. This move showcases balance and strength, making it a captivating addition to any spiral routine.

Key Cues for Students:

1. Starting Position: Externally face the spiral, hips (meaty part, not bones) centered on the lower rung. Find your 'sweet spot'—weight even, core braced.
2. Fold & Foot Placement: Fold forward like a hinge, reaching feet across the spiral. Lift one leg at a time—press sole of foot firmly into the underside of the rung. Repeat for both legs.
3. Push to Plank: Drive through your legs to lift torso horizontal body straight as a board. Hips stay glued to the rung, ribs zipped to hips.
4. Balance: Release hands slowly—arms extend sideways or forward. Squeeze glutes, shoulders away from ears.
5. Exit: Re-grip rungs first, then peel feet off lower with control. No sudden drops!

Spotting Cues for Instructors:

1. Position: Stand behind student's hips, hands ready to support lower back/shoulders.
2. Hip Alignment: Check meaty hip contact: No bony pressure! Adjust forward/backward.
3. Foot Press: Tap soles of feet: Press like you're squashing a bug—toes relaxed, arches active.
4. Lift Assist: Place one hand under torso during upward push: Core engaged? Lift slowly.
5. Plank Stability: Adjust hips if sagging: Level pelvis—no tilting. Cue: Chest open, gaze down (neck neutral).
6. Hand Release: Brace shoulders as hands let go: I'm here—extend arms like wings.
7. Exit Control: Guide chest down during re-grip: Feet peel, don't snap off.

Risks to Monitor:

- Hip Bone Pressure: If student winces, reposition hips immediately.
- Foot Slip: Soles lose grip? Reset foot angle or pressure.
- Core Collapse: Hips sagging? Cue 'belly button to spine' or spot lower back.
- Elbow Lock: micro bend arms if hyperextending.

Pro Tips:

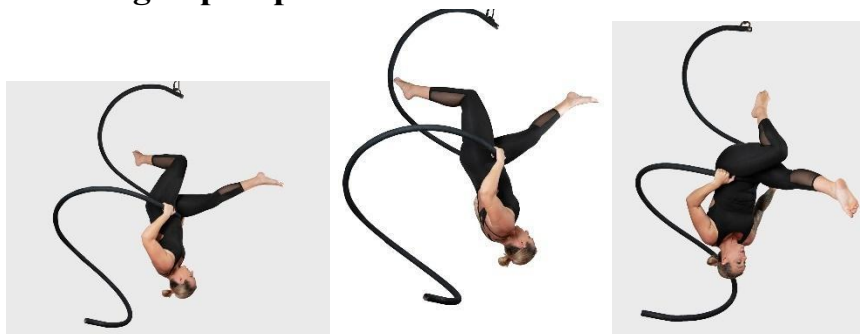
- Drill foot pressing and hip balance on the ground first.
- Use tactical cues (e.g., pressing student's feet into the rung) to reinforce stability.

- For progression, challenge students to hold the plank longer or lift one arm slightly.
- Always spot over a crash mat until mastery—this move is deceptively taxing!

Insert Pic

- Folding over into a front hip hold
 - Folding completely into a forward fold

Climbing Hip Flip



To perform a hip flip on the spiral, start in a seated position on the lower rung internally facing, with both hands gripping the upper rung, palms facing away. Lean back, fully extending your arms, and engage your core to stabilize your body. Carefully lift lower foot and place it on the opposite side of the spiral, pressing firmly into the foot to create leverage. Use this foot to lift your hips upward, bringing them just under the upper rung. With your upper foot, take an additional step up to the third rung (if needed), further leveraging your position and creating momentum. Once your foot is securely placed on the second or third rung, take your lower leg and thrust it over the spiral, swinging your hips between your hands. Be sure to create enough space between your hands to avoid landing on them. As your leg swings over, allow your hips to follow, rotating your body into a forward hip fold. In this position, your hips will be balanced on the upper rung, with your torso folded forward and your legs extended or draped outside the spiral. The hip flip is a dynamic and fluid movement that requires coordination, core strength, and precise control to execute safely and smoothly.

Key Cues for Students:

1. Starting Position: Sit on the lower rung, hands gripping the upper rung (palms away). Lean back, arms straight, core tight body in a straight line.
2. Foot Placement & Lift: Place lower foot across the spiral, press hard to lift hips up under the upper rung. Drive through the ball of the foot!
3. Step & Momentum: Step the other foot to the next rung—use this as a lever. Keep core engaged, shoulders stable.
4. Leg Swing & Rotation: Thrust the lower leg over the spiral between your hands—create space! Hips follow the leg, rotating into a forward fold.
5. Final Position: Hips balanced on the upper rung, torso folded forward. Legs draped or extended—breathe, don't collapse!
6. Exit: Reverse the swing—leg back, step down, lower with control.

Spotting Cues for Instructors:

1. Position: Stand beside the student's hip/leg swing side, hands ready to stabilize hips/shoulders.
2. Initial Lift: Core tight, lift hips up, not out.
3. Step-Up: Guide the foot to the upper rung: Press firmly—no toe-only contact!
4. Leg Swing: Protect hands: Check space between their grip—leg clears without hitting. Steady hips during rotation if needed by pressing down on the back of the leg after the flip is complete.
5. Hip Fold: Adjust hip alignment: Center on the rung—no tilting. Cue: Fold from hips, not spine.
6. Common Risks:
 - Hip Slip: If hips roll off, grip their waist to reset.
 - Foot Slip: Recheck foot pressure—full sole contact!
 - Over-Rotation: Control the leg swing—no momentum flinging.

Pro Tips:

- Drill foot presses and hip lifts without the swing first.
- Use tactical cues (e.g., tapping the pressing foot or hip).
- For progression, add a pause in the forward fold or experiment with leg extensions.
- Always spot over a crash mat until fluidity and control are demonstrated.

Extending to a plank on a single spiral

Once you are in the forward hip fold position on the spiral, transitioning into a downward-facing plank requires controlled extension and engagement of your core and upper body. Begin by pressing your hands firmly into the extensions of the current rung, straightening your arms to lift your torso up. As you push upward, engage your core and slowly extend your legs, straightening them fully to create a long, horizontal line. Your hips should remain balanced on the upper rung, while your body extends outward, parallel to the ground. Keep your shoulders stable and your gaze focused downward to maintain balance. The downward-facing plank is an elegant and challenging position that showcases strength and control, as your body appears to float effortlessly away from the spiral. To exit, gently bend your legs and lower your torso back into the forward hip fold, then carefully release your hips and return to a seated position. This transition highlights the fluidity and precision of spiral movements, combining grace with athleticism.

Key Cues for Students:

1. Starting Position: Hips anchored on the upper rung in forward fold—hands pressing into the rung, shoulders under wrists, core engaged.
2. Lift & Extend: Press palms down and forward to straighten arms, lifting torso up. Squeeze glutes, ribs extended.
3. Leg Extension: Slowly straighten legs—toes pointed; legs glued together. Body forms a straight line parallel to the ground.
4. Balance: Hips stay centered on the rung—no tilting! Gaze down, neck neutral. Breathe into your back ribs.
5. Exit: Bend knees first, lower torso back to forward fold. Release hips to sit with control.

Spotting Cues for Instructors:

1. Position: Stand beside the student's hips, one hand under their lower back, the other near their thighs.
2. During Extension:

- Guide torso lift: Press forward through hands, not just down.
 - Tap Hips: Squeeze to lock legs straight.
3. Alignment Check:
- Adjust hips if shifting: Center weight over the rung—no side drift.
4. Stability Focus:
- Brace their core if wobbling: Belly button to spine—stay tight!
5. Exit Safety:
- Support lower back during knee bend: Lower like a slow elevator—no collapsing.

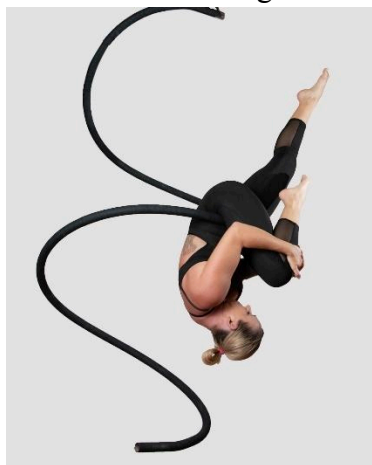
Risks to Monitor:

- Hip Slippage: Hips rolling off? Reposition and cue ‘press hips into the rung.’
- Shoulder Strain: If shoulders hike, cue ‘broaden collarbones’ or adjust hand placement.
- Hyperextension: micro bend elbows/knees if locking.
- Loss of Core: Torso sagging? Spot lower back and cue ‘ribs zipped.’

Pro Tips:

- Drill press-and-lift arm strength from forward fold before full extension.
- Use tactical cues (e.g., pressing student’s legs together) to reinforce alignment.
- For progression, hold the plank longer or lift one leg slightly.
- Always prioritize controlled exits over holding time to avoid fatigue-induced slips.

- A Progression in this Hip Plank is to release hand grip and balance.
- Possible Progression Jack knife



How to exit Forward Hip Fold

To exit the forward hip fold and return to a seated position on the lower rung, begin by placing your hands back on the spiral, positioning them on either side of your hips in a circus grip (palms facing away, fingers wrapped securely around the rung). Engage your core and tuck your chin slightly to prepare for a controlled descent. Slowly begin to unfold your body, using your arms to support your weight as you lower your torso and hips. Keep your movements smooth and controlled, allowing your legs to follow as you guide your body back toward the lower rung. As you descend, maintain tension in

your core and arms to ensure stability and prevent any sudden drops. Once your hips are close to the lower rung, settle back into a seated position. This controlled exit emphasizes precision and strength, ensuring a safe and graceful transition out of the forward hip fold. Insert transitions photos.



Key Cues for Students:

1. Prepare Exit: Palms away grip, hands beside hips, fingers locked on the rung. Tuck chin slightly, core braced.
2. Unfold with Control: Press into hands, arms bent—lower torso slowly like a slow elevator. Legs follow; hips guide back to the lower rung.
3. Maintain Tension: Keep core tight, shoulders active—no collapsing! Imagine lowering through thick syrup.
4. Final Descent: Return hips to the lower rung, then release grip gently—settle into seated. No plopping!

Spotting Cues for Instructors:

1. Position: Stand behind student, your hands on their hands for additional security.
2. Grip Check: Verify grip—knuckles white, wrists straight.
3. Lowering Support: Brace hips and upper back: I'm here—lower muscle by muscle.
4. Core Engagement: Cue student's belly: Keep ribs zipped—no sagging.
5. Hip Alignment: Adjust if hips drift sideways: Center over the rung—no tilting.
6. Final Release: Guide seated landing: Glute's/ grounded first, then release hands.

Risks to Monitor:

- Sudden Drops: If student rushes, cue 'Pause—reset core.'

- Loss of Core: Hips collapsing? Spot lower back and cue ‘Belly hard.’
- Shoulder Fatigue: If arms shake, shorten the descent or rest mid-way.
- Neck Strain: Chin tucked, gaze forward—no craning upward.

Pro Tips:

- Drill slow lowers from a partial fold to build strength.
- Use tactical cues (e.g., pressing student’s hips down during descent).
- For progression, practice exiting one-handed or pausing mid-descent.
- Always prioritize control over speed—graceful exits build confidence!

Learning to control momentum and body movement

Rotating body parts into the momentum to quicken the spin. Description for Spiral-Specific Momentum Control: Mastering momentum on a spiral requires a nuanced interplay of body rotation and structural awareness, as the curve of the spiral amplifies or resists movement depending on alignment. To accelerate a spin—such as during a Tootsie Roll descent or Hip Flip rotation—practitioners deliberately rotate specific body parts into the direction of the spin. For example, sweeping an arm or tilting the shoulders forward into the spiral’s curve increases angular momentum, much like a figure skater pulling their arms inward to spin faster. Conversely, extending a leg or arching the torso away from the spiral’s axis slows rotation by increasing rotational inertia. Key to this control is timing: initiating the rotation just as the spiral’s curve begins to catch the body, using the structure’s geometry to amplify the desired effect. Weight distribution also plays a critical role, pressing a foot against the rung or rolling the hips into the spiral’s groove can steer momentum, transforming the spiral from a static prop into a dynamic partner. This skill blends physics with proprioception, demanding precise adjustments to maintain flow—whether executing a rapid corkscrew descent or a slow, controlled inversion. By harmonizing body mechanics with the spiral’s architecture, practitioners achieve seamless transitions, turning momentum into an extension of their artistry.

Student Cues:

1. Initiate Spin:

- Rotate your lead shoulder/hip into the spiral’s curve as you start descending—like steering into a turn.
- Press your inside foot hard into the rung to ‘push off’ and generate momentum.

2. Quicken Rotation:

- Tuck your arms close to your chest (like a cannonball) to spin faster—smaller shape = quicker rotation.
- Sweep your free leg forward in the direction of the spin—think ‘whip it around’ the spiral.

3. Control Speed:

- Extend one arm or leg outward like a brake—leverage the spiral’s curve to slow down.
- Shift your gaze toward the direction you want to slow—eyes lead, body follows.

4. Steer Momentum:

- Roll your hips into the spiral's groove—imagine 'locking' into the structure's path.
- Adjust hand grips: Palms facing inward for stability, outward for fluidity.

5. Recover Balance:

- Stand tall, hiss to activate all core muscles, and lift gaze to stiffen your body.

Instructor Spotting Cues:

1. Positioning:

- Stand diagonally behind the student's spin direction, hands near hips/shoulders.

2. Initiation:

- Guide their lead shoulder/hip into the curve with a light tap— 'Rotate here!'
- Brace their pressing foot: Drive through the heel, not the toes.

3. Mid-Spin Adjustments:

- Speed Up:
 - Tap their tucked limbs: Compact your shape—chest to knees!
- Slow Down:
 - Steady an extended limb: Hold this arm out—let the spiral's curve resist the spin.

4. Alignment Checks:

- Adjust hip/spine alignment: Hips follow the spiral's helix—no twisting against it.
- Cue gaze: Eyes on the next rung—don't look down!

5. Safety Interventions:

- Over-Rotation: Grip their waistband: I've got you—recenter your weight.
 - Loss of Contact: Press their torso into the spiral: Glue your ribs to the structure!

6. Recovery Drills:

- Practice 'pulse spins': Quick rotations followed by anchored stops.
- Use tactical feedback: Feel where the spiral pulls you—lean into that tension.

Final Note:

- Always spot over a crash mat. For advanced students, challenge them to switch spin directions mid-descent by reversing shoulder/hip rotation.



Tootsie Roll

As you perform the tootsie roll down the spiral, you'll feel the pressure of the spiral against your torso shift dynamically as your weight moves through different positions. Initially, as you lean onto the external side of your torso, the pressure will concentrate on the side, creating the tension needed to start the roll. As the momentum carries you downward, the pressure will shift to the back of your torso, guiding your body around the curve of the spiral. Maintaining the connection between your body and the structure. Finally, as you complete the rotation, the pressure will return to the side of your torso, ready to begin the cycle again. This continuous shift in pressure—from side to front to back to side—creates the hula-hooping effect that defines the tootsie roll. By staying aware of these pressure points and making tiny, controlled adjustments with your feet, you can maintain the illusion of a seamless, effortless roll down the spiral. The key is to stay relaxed yet engaged, allowing the spiral to guide your movement while you focus on maintaining balance and flow.

Key Cues for Students:

1. Starting Position: Externally lean into the spiral—side torso pressed firmly against the structure. Knees bent, feet anchored, hands light on the rungs.
2. Initiate Roll: Shift weight downward to start momentum—like tipping a barrel. Let the spiral 'catch' your back torso as you roll downward.
3. Pressure Shifts:
 - Side → Back: Feel the spiral roll from your side to your back—stay glued to the curve, no gaps!
 - Back → Side: Engage obliques to guide the spiral back to your other side—think 'hula-hoop' rhythm.
4. Flow & Control: Tiny adjustments with feet—microband knees, soften elbows. Stay relaxed but connected—no death grips!
5. Continuous Motion: Let momentum flow around the spiral, not just down. Reset side pressure to repeat the roll.

Spotting Cues for Instructors:

1. Position: Stand diagonally behind the student, hands near hips/lower back.
2. Initiation:
 - Guide weight shift: Lean into the spiral, not away.
 - Tap their side torso: Press here to start the roll.
3. Mid-Roll:
 - Prepare to catch their back torso as pressure shifts: Stay connected—no arching away.
 - Adjust hip alignment: Knees track pressure into toes—no inward collapse.
4. Momentum Control:
 - Slow excessive speed: Resist the drop—imagine rolling through honey.
 - Prevent over-rotation: Rotate with the spiral, not past it.
5. Restart Prep:
 - Cue: Reset side pressure—find the sweet spot before rolling again.

Risks to Monitor:

- Loss of Contact: Body peeling off the spiral? Pause and re-press torso.
- Stiffness: Relax shoulders/jaw—tension kills flow.
- Momentum Overload: Rolling too fast? Dig heels into brake.
- Hip Misalignment: Knees splaying? Cue ‘zipper knees together.’

Pro Tips:

- Practice pressure drills: Isolate side/back torso presses without rolling.
- Use tactical cues (e.g., pressing students’ back into the spiral mid-roll).
- For progression, add arm flourishes or vary roll speed.
- Spot over a crash mat until fluidity and body awareness are consistent.
- Remind students: The spiral is your partner—listen to its curve!

Rotating body against the momentum to slow the spin.

Performing the tootsie roll up the spiral and against the rotation is a challenging yet equally mesmerizing variation of the movement. To begin, stand on the spiral facing upward, with your body positioned externally (chest facing away from the spiral). Lean into the side of the spiral, pressing your torso firmly against one side while your feet press into the opposite side, creating the tension needed to maintain control. Initiate the movement by using a slight shift of your weight and a gentle push with your feet to start the momentum upward and against the natural rotation of the spiral. As you move, allow the spiral to guide your body, but this time, you’ll feel the pressure of the spiral against your torso shift in the opposite direction: from side to back to front to side.

As your weight moves upward, the pressure will first be concentrated on the side of your torso, then shift to the back as you curve around the spiral, and finally to the front as you complete the rotation. Your feet will press into the opposite side of the spiral to maintain balance and control. The key to this movement is to use tiny, controlled adjustments to counteract the natural rotation of the spiral, creating the illusion of a seamless, effortless roll upward. Keep your torso pressed into one side and your feet pressed into the opposite side throughout the movement, staying relaxed yet engaged to maintain the flow. This upward tootsie roll requires even more precision and strength than the downward version, as you’re working against gravity and the spiral’s natural rotation. With practice, you can master this captivating variation, showcasing your ability to move fluidly in any direction on the spiral.

Key Cues for Students:

1. Body Positioning:

- Externally face the spiral—chest away, torso pressed to one side, feet anchored on the opposite side. Create a ‘sandwich’ grip with your body and the spiral.
- Press your ribs and hips firmly into the spiral—imagine leaving a dent in the metal.

2. Initiate Upward Roll:

- Shift weight slightly forward off your back foot—use this micro-movement to ‘trick’ the spiral into upward motion.
- Push through your heels (not toes) to generate upward momentum—like crawling up a wall.

3. Pressure Shifts:

- Feel the spiral roll from your side → back → front torso as you ascend—stay glued to the curve!
- Counteract the spiral’s rotation by delaying your hip shift—let your upper body lead, hips follow.

4. Control & Flow:

- Tiny adjustments: Scoot hips upward incrementally, as if climbing an invisible ladder.
- Keep feet pressing into the opposite side—toes relaxed, arches active for grip.

5. Strength & Stability:

- Engage your obliques to ‘steer’ against the rotation—think ‘twist and lift.’
- Breathe into your back ribs—avoid collapsing your chest.

Spotting Cues for Instructors:

1. Position: Stand slightly below the student, hands near hips/lower back.

2. Body Contact:

- Check torso pressure: Press ribs into the spiral—no gaps! Tap their side to reinforce contact if needed.
- Verify foot grip: Balls of the feet driving into the opposite side—weight in the balls of their feet.

3. Momentum Control:

- Cue their hips during upward shifts: I’m here if needed—lift slowly against the rotation.
- Guide torso alignment: Chest stays open—don’t hunch forward!

4. Pressure Shift Assistance:

- Place a hand on their back as pressure moves rearward: Lean into my hand—spiral meets you here.
- Adjust hip angle if over-rotating: Hips follow shoulders—no lagging!

5. Fatigue Watch:

- If legs shake: Pause and reset foot pressure—heels down, knees soft.
- If grip slips: Reposition torso contact—higher/lower on the spiral.

Risks to Monitor:

- Loss of Tension: Body peeling away? Cue ‘rebuild the sandwich’ (torso + feet).
- Over-Gripping: Hands clenching the spiral? Relax fingers—trust body contact.
- Hyperextension: Locked knees/elbows? micro bend joints for safety.
- Momentum Surges: Rolling too fast? Dig balls of their feet in and cue ‘pause at each rung.’

Pro Tips:

- Drill Progressions:

- Practice inchworm lifts: Small upward shifts without full rotation.
- Isolate pressure shifts (side → back → front) while stationary.

- Tactical Cues:

- Press student's ribs into the spiral: Glue this spot—don't let go.
- Tap their feet: Drive up through here, not the toes.

- Advanced Play:

- Add arm sweeps against rotation for dramatic resistance.
- Alternate directions mid-roll to challenge control.

Final Note:

Upward Tootsie Rolls demand patience over power. Celebrating incremental progress—even a 6-inch controlled ascent is a win! Always spot over a crash mat until consistency is achieved.

Class 2 of 4 Level 2 Upper Beginner

After reviewing the above warm up and conditioning for the beginning of class 2, continue to Level 2 class 2 curriculum.

Begin by reviewing class 1 and practicing all previous curriculum.

The Avery Bird

The Avery Bird is a dynamic and graceful move that combines balance, momentum, and control. Begin in a standing position on the lower rung of the spiral. Using the koala entry, lift one knee and hook it over the top rung, sliding your body forward to find your balance point resting on the back of the knee (Knee Pit). Your hands should be in a circus grip (palms facing away, fingers securely wrapped around the rung) for stability. Once balanced, bend the top leg at the knee, bringing the toe to touch the opposite knee. Lower the chest to the knee to create the smallest rotation to protect your head from the lower rung. This position sets you up for the roll.

Next, shift your weight forward, allowing your body to roll over the rung. The momentum will naturally pull you under the rung, transitioning you into a single knee hang. As you roll, use your hands to assist in maintaining control and guiding the movement. Once fully under the rung, your body will be in a single knee hang, with your hands still gripping the rung for support. The Avery Bird is a fluid and visually stunning move that requires precise weight distribution, core engagement, and trust in the momentum of the roll. With practice, you can make this transition appear seamless and effortless, showcasing your mastery of the spiral.

Exit this move by placing your weight in your hands and unhook the knee to return to the floor.

Key Cues for Students

1. Koala Entry:

- Hook your knee over the top rung—slide forward until your inner thigh anchors. Hands in circus grip (palms out, fingers locked).
- Toe to opposite knee—like closing a hinge. Core tight to lock balance.
- Lower chest to knee to create a small rotation to protect the head from hitting the lower rung.

2. Roll Transition:

- Shift weight forward—let momentum roll you under the rung. Hands guide, don't pull!
- Tuck chin slightly—eyes track the spiral's curve as you descend.

3. Single Knee Hang:

- Catch yourself in the hang—hips under the rung, free leg extended. Squeeze the rung with your knee.

4. Exit:

- Press palms down—unhook knee like peeling tape. Lower with control, core engaged.

Spotting Cues for Instructors

1. Position: Stand diagonally behind the student's rolling side, hands near hips/shoulders.

2. Koala Setup:

- Check knee hook: Inner thigh flush with the rung—no gaps!
- Tap opposite knee: Toe touches here—create a 'triangle' of stability.

3. Roll Support:

- Brace front of shoulder on bent knee side during forward shift: I'm here—roll like a wheel, not a drop.
- Guide head/neck alignment: Chin tucked, gaze forward—no whiplash.

4. Knee Hang Safety:

- Steady free leg: Extend through the heel—toes pointed.

5. Exit Control:

- Grasp Students hands for additional security: Unhook leg slow—muscle by muscle.

Risks (Avery Bird):

- Over-Rotation: If momentum surges, cue 'press palms to brake'.
- Knee Slip: Reposition thigh contact if sliding.
- Collapsed Core: Tap belly: Ribs zipped!
- Hitting their head on the lower rung.
- Hands not staying from the momentum.



Double Knee Hang

To safely enter a double knee hang on the spiral, start in a standing position on the lower rung, facing the structure with both hands gripping the upper rung in a circus grip (palms facing away, fingers securely wrapped). Engage your core and lift both knees, hooking them over the upper rung with your knees on the inside of the spiral and your toes pointing outward. Once your weight is fully supported by your knees, carefully release your hands from the rung and extend your arms out to the sides or forward for balance, creating a graceful and open shape. Keep your core tight and your legs active to maintain the pose, feeling secure and balanced as the spiral cradles your knees. Point the toes and draw the heels to bum to activate the hamstring.

To exit the double knee hang, reach your hands back to the upper rung, securing a firm circus grip. Engage your core and slowly shift your weight backward, using your arms to support your body as you unhook your knees from the rung. Cross at the ankles and lower your legs with control, returning to a standing position on the floor or the lower rung. This knees-in, toes-out variation is the safest way to perform a double knee hang, as the spiral's structure hugs your body, providing additional support and stability throughout the movement. Always move mindfully and maintain tension in your core and arms to ensure a smooth and safe transition. If you find yourself knees outside of the spiral be aware you are at a higher risk of slipping off the spiral.

Key Cues for Students

1. Entry:

- Circus grip on the upper rung—palms out, knuckles white. Lift knees inside the spiral, toes outside of the spiral.

- Slide knees over the upper-rung spiral hugs your thighs. Squeeze knees into the metal. Draw the heels into the bum to activate the hamstrings.

2. Hold:

- Release hands—arms open like wings. Heels to bum, hamstrings engaged.
- Chest proud, gaze forward—no slouching!

3. Exit:

- Re-grip the rung—cross the ankles and send the feet through your arms shifting weight back like sitting in a chair. Unhook knees slowly.

Spotting Cues for Instructors

1. Position: Stand in front, hands under hips/lower back.

2. Knee Hook:

- Guide knees: Inside the spiral, toes out—no duck feet!
- Check thigh contact: Hips forward until spiral ‘hugs’ you.

3. Balance Assist:

- Cue core: Belly button to spine—no sagging.
- Adjust arms: Extend gracefully—no chicken wings!

4. Exit Safety:

- Brace hands during weight shift: Lean back like lowering into a chair—I’ve got you.

Risks (Double Knee Hang):

- Thigh Slip: Reposition if hips slide—knees must anchor.
- Grip Fatigue: Hands trembling? Reset circus grip.
- Hyperextension: Soft elbows—don’t lock!

Pro Tips for Both Moves:

- Tactical Cues: Press student’s thighs into the spiral: Glue here!
- Drills: Practice knee hooks and weight shifts on the ground first.
- Advanced Play: In Avery Bird, add a leg sweep mid-roll; in Double Knee Hang, release one arm for asymmetry.
- Safety: Always spot over a crash mat until mastery.

Final Note: Celebrate incremental progress—even small, controlled movements build confidence!

Butterfly

The butterfly position on the spiral is a stunning and advanced pose that builds on the double knee hang, requiring balance, flexibility, and precise alignment. Begin in a double knee hang with your knees hooked over the upper rung, toes pointing outward, and the spiral hugging your body for support.

Shift your hands into position: place your bottom hand between both knees, gripping the rung with your palm facing away, and reach your top hand over your head to the lower rung, ensuring your palm also faces away. Avoid rotating your shoulder by reaching directly over your head rather than from the side. Stack your hips directly over your shoulders and open your chest toward the ceiling, creating a strong and stable foundation. Once your hands are securely in place, carefully remove your lower leg from the rung and extend it back in a stag position, bending the knee slightly and letting it hang gracefully behind you. The hand that is over the head then presses the bottom rung away from the face. The butterfly position showcases elegance and control, with your body forming a beautiful, stacked line from your extended leg to your chest. To exit, return your lower leg to the rung, regrip with both hands, and transition back to the double knee hang or another stable position. This pose requires focus and practice to master, but it highlights the artistry and strength of spiral movement.

Key Cues for Students

1. Double Knee Hang Setup:

- Anchor knees over the upper rung—toes outward, spiral hugging your thighs. Core engaged; chest open.
- Bottom hand grips the rung between your knees—palm out, fingers locked. Top hand reaches overhead (not sideways) to the lower rung.

2. Alignment & Transition:

- Stack hips directly over shoulders—imagine a straight pole running through your core.
- Open chest to the ceiling—avoid collapsing into the spiral. Shoulders square, no rotation!

3. Leg Extension:

- Unhook your lower leg—bend the knee into a stag shape, heel toward your bum. Extend it back like a butterfly's wing.
- Keep the extended leg active—toes pointed, thigh spiraling outward.

4. Hold & Exit:

- Breathe into your ribs—no tension in the neck or jaw.
- To exit: Tuck the stag leg back to the rung, regrip hands, and lower to double knee hang.

Spotting Cues for Instructors

1. Position: Stand diagonally behind the student's extended leg side, hands near hips/shoulders.

2. Hand Placement:

- Check top hand: Reach overhead, palm out—no shoulder winging! Adjust arm alignment if rotated.
- Verify bottom hand: Between knees, fingers tight—no slippage.

3. Hip/Shoulder Stack:

- Tap hips: Stack over shoulders—no leaning forward/backward.
- Brace upper back: Chest open, ribs lifted—no slumping.

4. Leg Extension:

- Guide stag leg: Bend knee to 90°, heel to bum—toes pointed like a paintbrush.
- Support the leg if shaky: I'm steadying your wing—keep it light and active.

5. Exit Safety:

- Assist leg return: Tuck slow—control the retraction.

- Monitor grip strength: Knuckles white? Reset before descending.

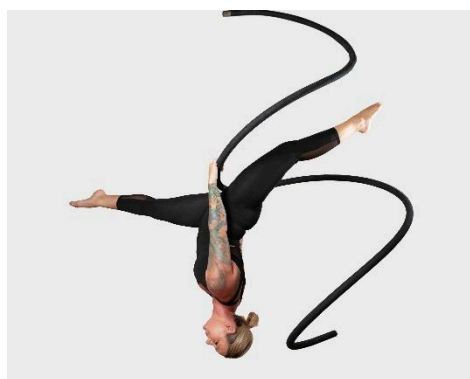
Risks to Monitor:

- Shoulder Rotation: Top arm drifting sideways? Cue ‘Reach through your ear, not your collarbone.’
- Hip Misalignment: Hips tilting? Adjust stacking—use a mirror for visual feedback.
- Leg Collapse: Stag leg sagging? Cue ‘Lift the kneecap, spiral thigh outward.’
- Neck Strain: Gaze forward, chin level—no craning upward.

Pro Tips:

- Prep Drills: Practice stag leg holds on the ground to build hamstring/quad flexibility.
- Tactical Cues: Press student’s extended heel toward their bum: Hold this shape—no drooping!
- Advanced Play: Add a backbend or release the bottom hand for a one-arm variation.
- Safety: Always spot over a crash mat. Use a waist belt for beginners to build confidence.

Final Note: The Butterfly Pose rewards patience—tiny alignment, tweaks transform stability and aesthetics. Celebrate incremental progress!



Under Split

The under split on the spiral is a breathtaking and advanced pose that builds on the double knee hang, requiring strength, flexibility, and precise control. Begin in a double knee hang with your knees hooked over the upper rung, toes pointing outward, and the spiral hugging your body for support. Shift your hands into position: place your top hand outside the top knee and your bottom hand between the knees, both in a circus grip (palms facing away, fingers securely wrapped). Engage your core and use a bit of momentum to lift the hanging knee off the rung, extending it into a split. For maximum balance and stability, press the thigh of your back leg firmly against the bottom of the rung you’re hanging from. This contact point helps you maintain control as you extend into the split.

Once you’ve mastered the under split with the additional contact point, begin working on holding the split without pressing your thigh against the rung. This advanced variation requires even greater core strength, balance, and flexibility, as your body weight is fully supported by your hands and the rung. Focus on keeping your hips squared, your chest open, and your legs extended in a clean, straight line. The under split is a stunning display of artistry and athleticism, showcasing your ability to combine strength and grace on the spiral. With consistent practice, you can achieve this pose with confidence and fluidity.

Key Cues for Students

1. Double Knee Hang Setup:

- Anchor knees over the upper rung—toes outward, spiral hugging thighs. Core braced; chest lifted.
- Top hand grips outside the top knee; bottom hand grips between knees—palms out, knuckles white.

2. Split Initiation:

- Engage core—use a tiny ‘pop’ of momentum to lift the hanging knee off the rung. Extend that leg into a split—toes pointed; hips square!
- Beginner: Press back thigh into the rung’s underside—leverage this contact for stability.
- Advanced: Float the back leg free—no thigh contact. Balance through hands and core alone.

3. Alignment & Hold:

- Hips squared—imagine a laser beam across your pelvis. Chest open, gaze forward.
- Legs in a straight line—no bent knees! Heels reaching in opposite directions.

4. Exit:

- Bend the split leg, hook knee back onto the rung. Lower with control—no crashing!

Spotting Cues for Instructors

1. Position: Stand beside the student’s split side, hands near hips/lower back.

2. Grip & Setup:

- Check circus grips: Top hand outside knee, bottom hand between—palms facing away!
- Cue core: Belly button to spine—no sagging.

3. Split Assistance:

- Beginner: Brace the back thigh against the rung: Press here—use it as a kickstand.
- Advanced: Support the floating leg: I’m steadying your split—keep hips square.

4. Alignment Fixes:

- Adjust hips: Parallel to the floor—no twisting!
- Cue chest: Open like a shirt unbuttoning—no hunching.

5. Exit Safety:

- Guide knee rehook: Bend slowly—muscle by muscle.

Risks to Monitor:

- Hip Misalignment: Back hip hiking? Cue ‘Level your pelvis—imagine balancing a tray.’
- Grip Fatigue: Hands slipping? Reset grip or chalk up.
- Overextension: Locked knees? micro bend to protect joints.
- Core Collapse: Ribs flaring? Cue ‘Zip your ribs together!’

Pro Tips:

- Prep Drills:

- Practice splits on the ground with hip-square drills.

- Strengthen grip with timed hangs in Double Knee Hang.
- Tactical Cues:
 - Press student's floating heel back: Reach through your toes!
 - Tap squared hips: Laser beam here—no tilt.
- Advanced Play:
 - Transition from Under Split to Butterfly Pose for fluidity.

Final Note:

The Under Split is a pinnacle of spiral artistry—patience and precision trump speed. Celebrate incremental progress and always spot over a crash mat!

Class 3 of 4 Level 2 Upper Beginner

After reviewing the above warm up and conditioning for the beginning of class 3, continue to Level 2 class 3 curriculum.

Begin by reviewing class 2 and practicing all previous curriculum.

Shoulder Stand

Beginning in a double knee hang on the spiral apparatus, toes pointed outward and knees turned inward, facing the center of the spiral. Engage your core as you slowly lower your upper body backward, guiding the top of your shoulders to settle securely onto the lower rung. Your weight should rest comfortably between the backs of your knees (knee pits) and your shoulders, maintaining stability. Wrap your arms around the lower rung, positioning your forearms firmly underneath it for support while your shoulders remain anchored on top. With control, straighten your entire body into a taut, pencil-like line, extending through your legs and feet. Tuck your hips slightly forward to align your spine and create the illusion of a seamless, vertical line from ceiling to floor. Hold the position with engaged muscles, emphasizing balance and fluidity, while maintaining a steady breath to support the posture.

Key Cues for Students

1. Double Knee Hang Setup:

- Anchor knees over the upper rung—toes pointed outward, knees inward. Core engaged, spine neutral.
- Grip the spiral with your knees.

2. Lowering to Shoulder Anchor:

- Engage core—lower upper body slowly backward, guiding shoulders to rest on the lower rung. Weight shared between knee pits and shoulders.
- Wrap arms around the lower rung—forearms under the bar, elbows tight to the spiral. Shoulders rooted; neck relaxed.

3. Straighten & Align:

- Extend legs into a pencil line—toes pointed, heels reaching upward. Tuck hips forward to stack spine vertically—no banana back!

- Breathe into your ribcage—steady breaths to maintain lightness.

4. Hold & Exit:

- To exit: Bend knees, lower legs with control. Shift weight back to knees, release shoulders, and return to double knee hang.

Spotting Cues for Instructors

1. Position: Stand behind the student, hands near hips/lower back.
2. Lowering Phase:
 - Brace their upper back: I'm guiding your shoulders to the rung—no dropping!
 - Check forearm placement: Elbows in, forearms pressed up into the rung for support.
3. Alignment Adjustments:
 - Tap hips: Tuck forward—spine straight, hips under shoulders.
 - Adjust legs: Glue thighs together—toes like laser pointers to the ceiling.
4. Safety During Hold:
 - Monitor shoulders: No sliding off the rung! Reposition if contact loosens.
 - Cue breath: Steady inhales/exhales—no breath-holding!
5. Exit Assistance:
 - Support lower back as they bend knees: Lower like a feather—muscle by muscle.

Risks to Monitor:

- Shoulder Slippage: If shoulders shift, cue 'Press shoulders into the rung.'
- Spinal Misalignment: Hips sagging? Tap core: Belly button to spine!
- Neck Strain: Chin slightly tucked—gaze toward toes, not ceiling.
- Forearm Instability: Elbows flaring? Cue 'Hug the rung like a teddy bear.'

Pro Tips:

- Prep Drills:
 - Practice shoulder shrugs and forearm presses on the ground to build stability.
 - Drill the hip tuck in a seated position to reinforce spinal alignment.
- Tactical Cues:
 - Press student's hips forward: Stack like building blocks—hips over shoulders.
 - Tap heels: Reach upward, not backward!
- Advanced Play:
 - Add a single-leg extension or transition into a Mermaid Pose from the Shoulder Stand.
 - Experiment with releasing one arm for asymmetrical variation.

Final Note:

The Shoulder Stand epitomizes control and elegance. Prioritize alignment over height—even a modest vertical line is impactful. Always spot over a crash mat until mastery!

Ankle Hang

From the straight, pencil-like shoulder stand, engage your core and slowly lower your hips downward and outward, away from the spiral's center. As you descend, allow your body to curve into a gentle fold, guiding the upper rung of the spiral to meet the backs of your ankles. Your weight shifts smoothly from your shoulders and knee pits to the secure anchor of the rung at your ankles, creating a striking arched-back pose. Keep your arms extended along the lower rung for stability, chest open, and shoulders relaxed as you settle into the ankle hang. The pose emphasizes fluidity and control, with your body forming a graceful, inverted arc—hips released outward, spine softly curved, and gaze directed toward the ceiling to enhance the dramatic line from head to toes.

Key Cues for Students

1. Transition from Shoulder Stand:

- From your pencil-straight shoulder stand, engage your core like you're zipping into a corset. Slowly lower your hips down and out—imagine painting a rainbow with your tailbone.
- Guide the upper rung to meet the backs of your ankles—let the spiral 'catch' you. Shift weight from shoulders to ankles smoothly—no thudding!

2. Body Alignment:

- Arch your back gently—chest open, gaze to the ceiling. Keep arms glued to the lower rung for stability—palms down, fingers active.
- Hips released outward; spine soft but controlled—no collapsing into the curve.

3. Hold & Stability:

- Press ankles firmly into the rung—toes relaxed, heels driving upward. Breathe into your ribs to maintain the arc.
- Shoulders relaxed, neck long—no tension in the jaw!

4. Exit:

- Reverse the rainbow: Tuck hips back under, core engaged, to return to shoulder stand. Hands press into the rung to assist.

Spotting Cues for Instructors

1. Position: Stand to the student's side, near their hips/lower back.

2. Transition Support:

- Place one hand under their hips: Lower slowly—I'm guiding the rainbow.
- Guide ankles to the rung: Aim for the tendon, not the heel—secure anchor point.

3. Alignment Adjustments:

- Tap their lower back: Soften the curve here—no over-arching.
- Adjust shoulders: Relax trapezius—no shrugging!

4. Ankle Safety:

- Check ankle contact: Rung centered on Achilles, not the calf. Reposition if sliding.

5. Exit Assistance:

- Brace hips during ascent: Core first, hips follow—rebuild the pencil line.

Risks to Monitor:

- Ankle Slippage: If ankles lose grip, cue ‘Press heels up into the rung!’
- Hyperextension: Over-arched back? Cue ‘Navel to spine, ribs knit together.’
- Neck Strain: Gaze soft, chin neutral—no craning backward.
- Arm Instability: Elbows bending? Tap triceps: ‘Arms straight, palms rooted.’

Pro Tips:

- Prep Drills: Practice hip articulation and backbends on the ground to build spinal flexibility.
- Tactical Cues: Press student’s hips outward: Melt into the spiral’s curve.
- Advanced Play: Add a leg extension or release one arm for a dramatic flair.
- Spotting: Use a crash mat and spot until the student masters weight distribution.

Final Note:

The Ankle Hang blends strength and artistry—tiny adjustments (hips out, chest open) transform stability. Celebrate incremental progress and prioritize fluid transitions over holding time!



Bat Wing Roll Transition

From the ankle hang, begin by gently shifting your weight from your shoulders into the elbow pits (The Batwing), allowing your body to slide deeper into the spiral’s center. As you descend, guide the lower rung to rest against the mid-back. Release the top leg first, positioning the front of the ankle onto the curve between the lower and upper rung for stability, followed by the lower leg, which settles the front of the ankle onto the lower rung just past the supporting hand. Unfold the body by pressing the hips downward toward the floor, nearly flattening the chest, with weight distributed evenly between both elbows and the front of the ankles. To transition toward the ceiling, release the top elbow and hand, reaching across the chest to grasp the rung adjacent to the lower elbow. Flex the top ankle, and bend the top knee and rotate the entire body by rolling from the front to the back of the top ankle, releasing the lower leg to extend downward and backward. The final pose is anchored by the elbow and the back

of the ankle, creating a controlled, elongated line that emphasizes balance and fluidity. Maintain engagement through the core and limbs to execute the movement with precision and grace.

Key Cues for Students

1. From Ankle Hang:

- Shift weight into your elbows (Batwing) to sink deeper into the spiral's curve. Let the lower rung rest against your mid-back.
- Release your top leg first, hooking the front of your ankle onto the curve between the lower and upper rung. Follow with the lower leg, anchoring the front of that ankle onto the lower rung past your supporting hand.

2. Unfold & Stabilize:

- Press hips down toward the floor, nearly flattening your chest. Balance weight evenly between elbows and ankles—core tight, shoulders relaxed.

3. Transition Upward:

- Release the top elbow, reaching across your chest to grip the rung near your lower elbow. Rotate your body by rolling from the front (ball) to the back (heel) of your top ankle.
- Extend your lower leg downward/backward, toes pointed, to form a diagonal line from elbow to heel.

Spotting Cues for Instructors:

1. Position: Stand behind the student, hands near hips/mid-back.

2. Weight Shift:

- Brace their hips as they sink into the Batwing: Lower slowly let the spiral guide you.
- Check elbow contact: Root elbows into the rung—no sliding!

3. Ankle Placement:

- Guide the top ankle hook: Flex toes, press the arch into the curve between rungs.
- Adjust the lower ankle: Anchor past your hand—sole flat on the rung.

4. Rotation Control:

- Steady shoulders during the cross-chest reach: Avoid over-rotating—keep hips square.
- Support the rolling ankle: Roll heel-to-toe, not sideways.

5. Final Pose:

- Tap the extended leg: Reach through your toes—elongate the line.

Risks to Monitor:

- Elbow Slip: Reposition if elbows lose grip—cue Press forearms into the rung like glue.
- Ankle Instability: Adjust foot flexion if the top ankle rolls—Heel down, toes flexed.
- Spinal Collapse: Cue Lift sternum an inch—keep space in your chest.
- Momentum Surge: Slow excessive speed with Pause and reset alignment.

Pro Tips:

- Prep Drills: Practice weight shifts from elbows to ankles in a static hold. Strengthen ankle hooks and forearm presses.
- Tactical Cues: Press the student's mid-back into the rung to reinforce contact.
- Advanced Play: Add a backbend in the final pose or transition into a Butterfly.
- Safety: Always use a crash mat and spot until control is consistent.

Final Note: Precision > speed! Celebrate micro-wins in alignment and fluidity.

Class 4 of 4 Level 2 Upper Beginner

After reviewing the above warm up and conditioning for the beginning of class 4, continue to Level 2 class 4 curriculum.

Begin by reviewing class 3 and practicing all previous curriculum.

Side Hip Balance

Begin from a seated position and execute a controlled hip flip, landing with the front of your thighs on the upper rung of the apparatus, facing downward. Once stabilized, reach your top hand higher along the spiral's curve and place your lower hand securely on the lower rung in front of your face for support. Engage your core as you roll your chest upward toward the top hand, shifting your weight from the front of your thighs into the sweet spot at the crease of your lower hip. Lift the top hip toward the ceiling while grounding the lower hip downward. Extend the top leg vertically, toes pointed skyward and position the lower leg horizontally parallel to the floor with pointed toes, forming a crisp L-shape with the legs. Balance is centered in the hip's natural V-shaped crease, where weight transitions from the thighs into the hip for optimal comfort and stability. Maintain an open chest, but keep shoulders lower than hips, active shoulders, and steady breath, emphasizing clean lines and control in this elegant, gravity-defying pose. For increased balance on spirals that don't have an obvious flat to pose on, move legs into the coronal plane (Anterior plane) or towards the front of your body.

Key Cues for Students

1. Hip Flip Entry:

- From seated, execute a controlled hip flip—land with front thighs flat on the upper rung, facing downward. Knees bent, toes lightly brushing the spiral.

- Stabilize first—breathe, then reach!

2. Hand Placement & Weight Shift:

- Top hand climbs the spiral's curve higher; lower hand grips the lower rung—palms facing away (circus grip).
- Engage core—roll chest upward toward your top hand, but maintain the shoulders lower than the hips. Shift weight into the 'sweet spot' (V-crease of your lower hip).

3. Hip & Leg Alignment:

- Lift top hip to the ceiling, ground lower hip down—create space between ribs and pelvis.
- Top leg extends vertically—toes to sky. Lower leg stretches horizontally, parallel to the floor—toes pointed, legs forming a sharp L-shape.

4. Balance & Form:

- Weight centers in the hip's natural V-crease—no thigh pressure! Chest lifted, shoulders active but relaxed.
- Breathe into your upper back—no collapsing!

5. Exit:

- Bend knees, lower legs with control. Shift weight back to thighs, return hands to rung either side of your thighs, and return down to a seated position.

Spotting Cues for Instructors

1. Position: Stand behind the student, hands near hips/lower back.

2. Hip Flip Entry:

- Brace their hand during the flip: Land thighs flat—no twisting!
- Check thigh contact: Front thighs glued to the rung—no gaps.

3. Weight Shift:

- Guide the roll onto the lower hip: Chest toward your top hand—One hand just below the lower hip to keep student from over rotating or rolling off the curve.
- Tap the hip: Shift here—this is your balance point.

4. Leg Alignment:

- Adjust the top leg: Reach through your heel—toes to the ceiling.
 - Steady the lower leg: Horizontal line—toes pointed like a laser beam.
- If needed, cue student to lean the legs into the coronal plane.

5. Shoulder Stability:

- Check grip alignment: Top hand high, lower hand strong in front of face, both hands palms away—no shoulder hunching.

Risks to Monitor:

- Hip Slippage: If weight shifts to thighs, cue 'Press into the hip crease, not the legs.'
- Collapsed Chest: Lift sternum—imagine a string pulling it upward.

- Leg Misalignment: Top leg drifting? Cue ‘Glue it to your ear!’
- Grip Fatigue: Hands trembling? Reset circus grip or chalk up.
- Rolling off the curve backwards- place one hand on the spiral just below the students lower hip to insure the student doesn’t roll off. If student does roll, you are there to support the descension to the floor.

Pro Tips:

- Prep Drills:
 - Practice hip flips and L-shape leg holds on the ground.
 - Strengthen oblique holds in a side plank to mimic balance demands.
- Tactical Cues:
 - Press student’s lower hip downward: Root here—grow upward from the waist.
 - Tap extended leg: Energy through the toes!
- Advanced Play:
 - Release the lower hand for a one-arm variation.
 - Transition into a Mermaid Pose from the L-shape.

Final Note:

The Side Hip Balance is a blend of strength and geometry—tiny shifts in weight or alignment make all the difference. Prioritize control over height and always spot over a crash mat!

Thread Through Knee Roll

From the extended side hip L-shape, engage your core and initiate the movement by bending the top leg, drawing the knee inward toward your chest within the spiral’s frame. Simultaneously, rotate your chest, shoulders and hips downward to face the floor. As you thread the knee through the spiral’s curve, maintaining control through your supporting hands and grounded hip. This coordinated motion shifts your weight from the hip’s sweet spot into a compact, folded position, with the knee tucked close to the chest and the spine gently curved to accommodate the rotation. Keep the lower leg extended horizontally, toes pointed, as you stabilize the transition, ensuring smooth alignment between the threaded knee, upper rung contact, and downward-facing orientation. The movement emphasizes fluidity, spinal articulation, and precise engagement to seamlessly integrate strength and grace.

Key Cues for Students

1. Starting Position:

- Begin in the extended Side Hip L-shape—top leg vertical, lower leg horizontal. Core engaged; chest lifted.
- Ground your lower hip firmly into the spiral’s ‘sweet spot.’

2. Initiate Movement:

- Engage your core like you're zipping into a tight jacket. Bend your top knee, drawing it inward toward your chest—keep it within the spiral's frame.
- Rotate your chest and shoulders downward—lead with your sternum, not your head. Imagine unscrewing a lightbulb with your torso.

3. Threading the Knee:

- Thread your knee through the spiral's curve—press your lower hand into the rung for control. Maintain a gentle spinal curve to guide the rotation.
- Keep your lower leg extended and active—toes pointed, heel reaching away.

4. Stabilize & Transition:

- Shift weight into a compact fold—knee near chest, spine softly curled. Balance between your threaded knee and grounded hip.
- Gaze downward—align your head with your rotating chest.

5. Fluidity & Exit:

- Reverse the motion: Extend the top leg back to L-shape, rotate chest upward, and rebalance in Side Hip.

Spotting Cues for Instructors

1. Position: Stand behind the student, hands near hips/upper back.
2. Core & Rotation:
 - Place a hand on the rung just below the lower hip: Brace your core—I'm here as you rotate.
 - Guide chest rotation: Lead with your heart, not your chin.
3. Knee Guidance:
 - Steady the top knee: Thread it through, not around—avoid snagging the spiral. Knee first not Foot!
4. Lower Leg Stability:
 - Tap the extended leg: Reach through your heel—keep this line sharp!
5. Spinal Safety:
 - Adjust curvature: Soften the spine—no crunching or over-arching.
6. Weight Shift:
 - Support the hip crease: Shift smoothly—no jerking into the fold.

Risks to Monitor

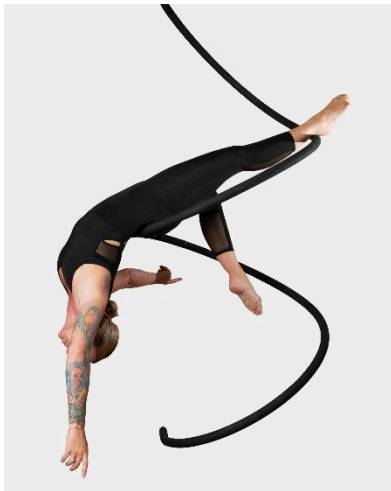
- Collapsed Spine: Cue 'Lengthen your neck, crown of head toward the floor.'
- Dropping Lower Leg: Toes pointed? Laser-beam energy through the heel!
- Over-Rotation: If shoulders twist too far, pause and reset alignment.
- Loss of Core: Belly soft? Tap abdomen: 'Zip it up!'
- Rolling off the rung- be sure the stand near this potential fall area.

Pro Tips

- Prep Drills:
 - Practice spinal rotations and knee tucks on the ground to isolate movements.
 - Strengthen oblique holds in a seated twist to mimic the rotation.
- Tactical Cues:
 - Press the student's threaded knee inward: Hug the spiral, don't fight it.
 - Tap the lower heel: Extend through this line—no sagging!
- Advanced Play:
 - Add a leg sweep or transition into a Mermaid Pose from the compact fold.
 - Experiment with slowing the rotation to emphasize control.

Final Note:

This move thrives on precision and patience—celebrate small wins in alignment. Always spot over a crash mat until fluidity is mastered!



Back Balance

From the threaded knee position, shift your weight fully into your hands and lower hip. Press firmly through your lower hand while pulling upward with the higher hand to lift into a seated balance atop the back of the thigh. Engage your core as you lean back, guiding your spine to meet the upper rung. Keep the upper elbow anchored inside the spiral's curve, rotating the torso to position the meaty posterior shoulder securely against the rung. Release your hands, draping the head backward and arching the spine to lock into the balance. Distribute weight between the tailbone, buttocks, and the back of the shoulder, creating a stable, restful pose. Extend gracefully through the legs, toes pointed and soften into the arch of the back for an angelic, suspended finish. This final posture blends strength and surrender, offering a moment of poised stillness atop the apparatus.

Key Cues for Students

1. From Threaded Knee Position:

- Shift weight fully into your lower hand and hip—press the hand down, pull the higher hand up to lift into a seated balance on the back of your thigh.

2. Engage & Lean Back:

- Core tight, lean back to guide your spine onto the upper rung. Rotate your torso to press the meaty part of your shoulder into the rung—upper elbow anchored inside the spiral's curve.

3. Release & Arch:

- Let go of your hands, drape your head back, and arch your spine. Distribute weight between tailbone, buttocks, and shoulder—avoid collapsing into the lower back.

4. Extend & Soften:

- Legs straight, toes pointed. Soften your chest upward into the arch—angelic finish!

Spotting Cues for Instructors

1. Position: Stand behind the student, hands near hips/shoulders.

2. Weight Shift:

- Brace their hips as they press/pull to lift: Core first, lean back slowly.

3. Shoulder & Spine:

- Check shoulder contact: Posterior shoulder rooted into the rung—no bony pressure!

- Guide spinal arch: Lengthen the neck, chest open—no crunching.

4. Hand Release:

- Support their lower back as hands let go: I'm here—arch with control.

5. Leg Extension:

- Tap their toes: Reach through your heels—energy outward!

Risks to Monitor:

- Shoulder Instability: Reposition if shoulder slips— Press the meaty part, not the joint.

- Over-Arching: Cue Ribs knit; belly engaged—protect the lower back.

- Weight Imbalance: Adjust if weight tilts— Equal pressure: tailbone, butt, shoulder.

Pro Tips:

- Prep Drills: Practice spinal arches on the ground and shoulder anchoring against a wall.

- Tactical Cues: Press the student's shoulder blade into the rung: Glue this spot!

- Advanced Play: Add a leg split or release one arm overhead.

Final Note:

The Back Balance merges strength and surrender—prioritize alignment over depth. Spot over a crash mat until confidence shines!

Create Combos with everything you've learned in Levels 1 and 2.

Mix and match Level 2 spiral moves into creative combos (replace blanks with moves like Plank, Hip Flip, Tootsie Roll, Avery Bird, Double Knee Hang, Butterfly, Under Split, Shoulder Stand, Ankle Hang, Bat Wing Roll, Side Hip Balance, Thread Through Knee Roll, Back Balance, etc.):

1. Start in _____ → Roll into _____ → Transition to _____
2. From _____, invert into _____ → Flow to _____
3. Balance in _____ → Shift weight into _____ → Spin to _____
4. _____ ascends → _____ anchors → _____ releases
5. Hold _____ → Thread through _____ → Unfold into _____
6. _____ presses → _____ sweeps → _____ suspends
7. From _____, rotate against momentum → Counterbalance with _____
8. _____ grips → _____ extends → _____ twists
9. Start grounded → Spiral up to _____ → Invert to _____
10. _____ folds → _____ lifts → _____ arches
11. From _____, hinge into _____ → Recover to _____
12. _____ hangs → _____ rolls → _____ stabilizes
13. _____ descends → _____ catches → _____ rebalances
14. From _____, whip into _____ → Settle into _____
15. _____ shifts → _____ floats → _____ grounds
16. Start seated → Flip into _____ → Extend to _____
17. _____ pivots → _____ spirals → _____ locks
18. From _____, slide to _____ → Spin into _____
19. _____ curves → _____ hooks → _____ unfolds
20. _____ coils → _____ rotates → _____ releases

Instructions for Students:

- Use Level 2 moves only (e.g., Butterfly, Shoulder Stand, Bat Wing Roll).
- Prioritize control over speed—focus on smooth transitions.
- Highlight contrasts: static holds ↔ dynamic spins, flexion ↔ extension.
- Add your own flair (e.g., arm sweeps, toe points, breath accents).

Example filled-in combo:

Start in Double Knee Hang → Roll into Bat Wing Transition → Transition to Back Balance.

Let creativity guide your flow! 🌟

Level 3: Intermediate Spiral

Week 9-12: Intermediate Techniques

- Intermediate spins and combinations
- Refining inverts and leg hangs
- Strengthening exercises to support complex maneuvers

Level 3 Aerial Warm-Up & Flexibility

(Advanced Progression for Strength, Mobility, and Complexity)
Intensified Warm-Up)

1. Dynamic Arm Swings with Weighted Resistance
2. Use 3-5 lb. weights for explosive, full-range arm circles. Add overhead claps or alternating cross-body swings to engage the entire kinetic chain.

Purpose: Builds shoulder power and dynamic stability for advanced holds.

2. Lateral Leg Swings with Resistance Bands

Attach a resistance band above the knees while performing weighted lateral swings (2-3 lbs. ankle weights). Add pulses at peak range for 5 seconds.

Purpose: Activates glute Medius and challenges balance for precision in aerial transitions.

3. Dynamic Cat-Cow with Thoracic Rotation

From cat-cow, extend one leg back and thread the opposite arm under the torso, rotating the chest open. Alternate sides.

Purpose: Enhances spinal articulation and rotational mobility for complex wraps.

4. High Knees to Sprint Bursts

Alternate 30 seconds of high knees with 30 seconds of explosive sprints in place. Drive arms aggressively.

Purpose: Boosts anaerobic endurance and fast-twitch muscle engagement.

Advanced Split & Hip Flexibility

1. Active Low Lunge with Overhead Reach

In lunge, lift the back knee off the ground into a hovering hip flexor stretch. Reach the same-side arm overhead and lean laterally. Hold 20s/side.

Purpose: Strengthens hip flexors while stretching dynamically.

2. Elevated Half Splits

Place the front foot on a 6-12 block during half splits. Fold forward with hands on the block to deepen the stretch.

Increases hamstring and calf flexibility for over splits prep.

3. Weighted Frog Stretch

In frog pose, place a 10-15 lb. sandbag on the hips. Pulse gently to deepen the stretch.

Purpose: Aggressively opens adductors for middle splits mastery.

High-Intensity Hip & Core Conditioning

1. 90/90 Hip Switches with Load

Hold 5-8 lb. weight in each hand during 90/90 switches. Shift weight explosively between sides.

Purpose: Builds rotational power and hip mobility under tension.

2. Butterfly Stretch with Isometric Holds

In the butterfly pose, press knees down while pulling feet toward you. Hold 30s, then pulse knees upward against resistance (partner or band).

Purpose: Develops active hip flexibility and control.

Advanced Wrist & Ankle Prep

1. Weight-Bearing Wrist Stretch

In tabletop position, shift weight onto one wrist while lifting the opposite arm. Hold 10s/side.

Purpose: Prepares wrists for one-arm balances and drops.

2. Single-Leg Ankle Alphabet with Resistance Band

Wrap a resistance band around the working foot. Trace the alphabet while resisting the band.

Purpose: Strengthens ankle stabilizers for precision in foot locks.

Level 3 Conditioning Drills

1. Dynamic Leg Switches (Spiral Apparatus)

From inside the leg hang, switch your legs mid-swing without touching the ground. Add a ½ twist for complexity.

Purpose: Enhances grip endurance and mid-air coordination.

2. Hollow Body Pull-Ups

Hang from the upper rung, engage hollow body, and pull chest to the bar while maintaining a straight line. 8-10 reps.

Purpose: Builds strict upper-body strength for inversions and climbs.

3. Straight Leg Lifts with Rotation

From seated, lift legs to 45°, then rotate torso side-to-side while holding legs steady. 12-15 reps.

Purpose: Targets obliques and challenges anti-rotational core stability.

4. Dragon Flags (Progression)

Lie on a bench, grip the edge, and lift legs/hips into a straight line. Lower slowly to 45° and hold. 6-8 reps.

Purpose: Develops extreme core control for advanced aerial shapes.

5. Single-Arm Plank with Leg Lift

In plank, lift one arm and the opposite leg. Hold 10s/side. Add a torso rotation for advanced variations.

Purpose: Trains full-body integration and shoulder stability.

6. Weighted Glute Bridges with Eccentric Lowers

Place a 20-30 lb. kettlebell on the hips. Lift quickly, lower for 5 seconds. 10 reps.

Purpose: Builds explosive power for dynamic aerial takeoffs.

7. Archer Push-Ups

Widen hands beyond shoulder-width. Lower chest toward one hand while straightening the opposite arm. Alternate sides.

Purpose: Strengthens chest and shoulders asymmetrically for uneven holds.

Key Notes for Level 3

-Precision Over Speed: Master control before adding momentum.

- Spotting Protocols: Use crash mats for drills like dragon flags or dynamic switches.

- Periodization: Cycle between strength, mobility, and skill days to avoid overtraining.

-Mental Focus: Incorporate breathwork (e.g., box breathing) during conditioning to manage intensity.

Focus: Level 3 is about mastery—refining strength, expanding active flexibility, and integrating complex movement chains. 🎯🔥

Class 1 of 4 Level 3 Intermediate Spiral

After reviewing the above warm up and conditioning for the beginning of this level, continue on to Level 3 class 1 curriculum. Begin by reviewing level 1 and 2 and practicing all the previous curriculum.

Baby Meat Hook Fold

To execute the baby alien fold (or baby meat hook) from a double knee hang, begin by anchoring your knees securely on a mid-level rung, torso upright, and hands gripping the apparatus for stability palms away. Shift one hand to grip the rung between your knees, palm facing outward or downward for leverage, while the opposite hand moves to brace outside the upper knee (for a higher anchor) or the lower knee (for a compact fold). Engage your core and shoulders to prepare for the release.

From here, unhook your knees from the rung, sending your legs upward and inside the spiral's curve in a tight pike. As your legs swing overhead, rotate your torso toward the anchored hand (the one between your knees). Keep your legs glued together or slightly bent, toes pointed, and hips lifted to maintain the inverted pike. The free hand can assist by pressing into the upper or lower rung to guide the rotation, or release entirely for a more dramatic line.

Once fully rotated, your torso should face sideways or downward in a folded meat hook position, with your legs suspended inside the spiral and your anchored hand bearing most of the weight. For stability,

engaging your lats and obliques to resist collapsing. To refine the pose, extend your free arm overhead or behind your back, creating a twisted, compact shape.

Exit: Reverse the motion by swinging your legs back down, rehooking your knees on the rung, and returning to the double knee hang. This move demands rotational core control, shoulder stability, and trust in the anchored grip, making it a playful yet challenging addition to spiral sequences.

Key Cues for Students

1. Double Knee Hang Setup:

- Anchor knees securely on a mid-level rung, torso upright. Hands in circus grip (palms facing away).
- Shift one hand to grip the rung between your knees—palm outward/downward. Opposite hand braces outside upper/lower knee for support.

2. Release & Pike:

- Engage core and shoulders—unhook knees, swing legs upward into a tight pike inside the spiral's curve. Toes pointed; hips lifted!
- Rotate torso toward the anchored hand (between knees)—let legs follow overhead. Keep legs glued or slightly bent.

3. Meat hook Hold:

- Anchored hand bears weight—press firmly. Free hand can press a rung or release for drama. Engage lats/obliques—no collapsing!
- Extend free arm overhead/behind for a twisted shape—chest open, gaze intentional.

4. Exit:

- Swing legs back down with control—rehook knees on the rung. Return to double knee hang.

Spotting Cues for Instructors

1. Position: Stand beside the student's anchored side, hands near hips/shoulders.

2. Grip & Setup:

- Check anchored hand: Knuckles white, wrist straight—no slipping!
- Adjust bracing hand: Higher for stability, lower for compactness.

3. Pike & Rotation:

- Support hips during leg swing: Lift up, not out—avoid hitting the spiral.
- Guide torso rotation: Turn toward the anchored hand—no over-twisting!

4. Hold Stability:

- Tap obliques: Squeeze here—resist sagging.
- Steady free arm: Reach with purpose—no flailing.

5. Exit Safety:

- Brace knees during rehook: Land softly—control the descent.

Risks to Monitor

- Grip Failure: If anchored hand slips, cue 'Regrip and reset.'
- Over-Rotation: Hips twisting past alignment? Adjust with 'Hips follow shoulders.'

- Shoulder Strain: Shrugging? Cue ‘Shoulders down, lats engaged.’
- Collapsed Core: Belly soft? Tap abdomen: ‘Zip it tight!’

Pro Tips

- Prep Drills:
 - Practice pike lifts and control rotations on the ground.
 - Strengthen grip with timed hangs and oblique twists.
- Tactical Cues:
 - Press student’s anchored hand into the rung: Root here—this is your lifeline.
 - Tap lifted hips: Keep this high—no sinking!
- Advanced Play:
 - Add a leg split or release both hands briefly in the meat hook.
 - Transition into a Butterfly Pose from the fold.

Final Note:

This move blends playfulness with precision—tiny adjustments in rotation and core engagement make all the difference. Always spot over a crash mat until confidence and control are rock-solid!

Baby Fang

To transition from the baby meat hook/alien fold into a hanging arched backbend, begin by suspending fully in the baby meat hook position: torso rotated around one anchored hand, legs folded overhead either towards the upper side or toward the lower side. Initiate the arch by first unfolding your inside leg (closest to the spiral’s core) downward and under the rung, threading it through the apparatus to create space. Simultaneously, sweep your outside leg backward and outside the spiral’s curve, extending it into a long, controlled arc as you release the pike. Let your hips sink naturally, allowing your spine to cascade into a deep, passive backbend while keeping both legs active—inside the leg pressing against the underside of the rung for subtle leverage, outside leg stretching behind you with toes pointed toward the back of your head.

Your torso rotates minimally, anchored only by the grip of your hands, as the legs split dynamically around the spiral’s structure: one beneath, one outside. The arch is driven by hip flexibility and spinal extension, with shoulders relaxed and core engaged to prevent over-rotation. To stabilize, squeeze the inner thigh of the threaded leg and press the top of the foot into the rung, while the extended outside leg emphasizes the spiral’s geometry. Exit by reversing the leg paths, draw the outside leg back into the spiral, retuck the inside leg, and swing into the baby meat hook. This hybrid of split and arch demands precision in leg placement, trust in grip strength, and suppleness in the back and hips to flow between the spiral’s planes.

Key Cues for Students

1. From Baby Meat hook:

- Anchor firmly with your gripped hand—shoulders down, core engaged. Begin in the folded meat hook: legs overhead, torso rotated.
- Unfold your inside leg (closest to the spiral’s core) downward, threading it under the rung. Press the top of this foot into the rung’s underside for leverage.

2. Sweep & Arch:

- Simultaneously sweep your outside leg backward outside the spiral's curve—extend it into a long arc, toes pointed toward your head.
- Let hips sink naturally, spine cascading into a passive backbend. Keep both legs active: inside leg presses up, outside leg stretches back.

3. Stabilize:

- Minimal torso rotation—grip anchors, shoulders relaxed. Squeeze inner thigh of threaded leg, core engaged to prevent over-rotation.
- Chest open, gaze soft—breathe into the arch.

4. Exit:

- Reverse the legs: Draw outside leg back into the spiral, retuck the inside leg, and swing into Baby Meat hook. Control every inch!

Spotting Cues for Instructors

1. Position: Stand behind the student, hands near hips/lower back.

2. Leg Threading:

- Guide the inside leg under the rung: Press foot into the rung—toes pointed, arch active.
- Steady the outside leg sweep: Reach through your heel—no sideways drift!

3. Backbend Safety:

- Support the lower back: I'm here—arch passively, no crunching.
- Adjust hip alignment: Hips square to the spiral—no twisting.

4. Grip & Core:

- Check anchored hand: Knuckles white, wrist neutral—no slipping!
- Tap obliques: Engage to protect the spine.

5. Exit Control:

- Brace hips during leg retraction: Tuck slowly—muscle by muscle.

Risks to Monitor

- Over-Arching: If lower back strains, cue 'Lengthen the spine, ribs knit together.'
- Leg Misalignment: Inside leg sliding? Reposition foot pressure: 'Toes flexed, ball of foot into the rung.'
- Grip Fatigue: Anchored hand trembling? Reset grip or lower legs.
- Hip Instability: Hips tilting? Adjust leg split symmetry.

Pro Tips

- Prep Drills:

- Practice passive backbends on the ground (e.g., camel pose) to open hips and spine.
- Drill leg sweeps and threading without the spiral to isolate movements.

- Tactical Cues:

- Press the student's threaded foot into the rung: Root here—this is your base.
- Tap the extended leg: Energy through the toes—laser focus!

- Advanced Play:

- Add a one-arm hold in the backbend or transition into a Butterfly Pose.

- Experiment with gaze direction (upward vs. downward) for dramatic effect.

Final Note:

The Baby Fang merges with daring flexibility with razor-sharp control. Prioritize alignment over depth—subtle adjustments in leg placement and core engagement ensure safety and artistry. Always spot over a crash mat until mastery!

Ayesha

To transition into an Ayesha from a double knee hang on a spiral apparatus, start by anchoring your knees on a mid-level rung and shifting your lower hand to grip the rung between your knees, positioning it close to the top leg's knee for leverage. Reach your upper arm overhead in a controlled arc to grasp a lower rung of the spiral, creating a diagonal line between your hands. Push firmly into the lower rung with your palm while pulling actively with your other hand on the upper rung, engaging your shoulders and core to press your hips back and outward outside the spiral's curve.

Begin releasing your lower leg from the knee hang, extending it into a wide straddle to shift weight into your arms, then follow by unhooking your upper leg to match the straddle. Your body now floats horizontally, suspended between the two rungs: arms straight (not locked), hips pressed back, legs active in a clean straddle, and toes pointed to refine the lines. Balance is maintained through subtle shifts in grip pressure and core engagement, countering the spiral's rotation by pressing through the lower hand and pulling with the upper hand to stabilize torque. Keep your chest open, shoulders anchored, and gaze focused downward or forward to align your spine.

To exit, reverse the motion: swing one leg back to hook the knee on the rung, then the other, returning to the double knee hang. This Ayesha variation demands explosive shoulder strength, precise weight distribution, and trust in the spiral's momentum to hold the extended, floating pose.

Key Cues for Students

1. Double Knee Hang Setup:

- Anchor knees securely on a mid-level rung. Shift your lower hand to grip the rung between your knees, close to the top leg's knee—palm pressing down.
- Reach your upper arm overhead in a controlled arc to grasp a lower rung—create a diagonal line between hands.

2. Engage & Press Outward:

- Push down into the lower rung while pulling up with the upper hand. Engage shoulders and core to press hips back and outward outside the spiral's curve.
- Release the lower leg first—extend into a wide straddle. Unhook the upper leg to match—toes pointed; legs active.

3. Floating Ayesha:

- Body floats horizontally: arms straight (microband elbows), hips pressed back, legs in a clean straddle. Chest open, gaze down/forward.
- Balance through grip pressure: lower hand presses, upper hand pulls to counter spiral's torque.

4. Exit:

- Swing one leg back to hook the knee, then the other. Return to double knee hang with control—no crashing!

Spotting Cues for Instructors

1. Position: Stand diagonally behind the student, hands near hips/shoulders.

2. Hand Placement:

- Check lower hand grip: Knuckles white, wrist neutral—no slipping!
- Adjust upper hand: Diagonal line between hands—no over-reaching!

3. Hip Press & Straddle:

- Brace hips during outward press: Push back like closing a door—I'm here!
- Guide leg extension: Straddle wide—toes pointed, heels driving outward.

4. Stability Check:

- Tap core: Belly button to spine—no sagging!
- Adjust shoulders: Anchored down—no shrugging!

5. Exit Safety:

- Support legs during rehook: Swing slow—land softly on the rung.

Risks to Monitor:

- Shoulder Strain: If upper arm trembles, cue 'Engage lats, not just biceps.'
- Hip Collapse: Hips sinking? Tap lower back: 'Press hips up and back!'
- Grip Fatigue: Lower hand slipping? Reset grip or use chalk.
- Over-Rotation: Spiral torque pulling too hard? Adjust hand spacing.

Pro Tips: - Prep Drills:

- Practice straddle lifts and shoulder shrugs on the ground.
- Drill grip transitions from double knee hang to diagonal hand positions.
- Tactical Cues:
 - Press student's hips backward: Imagine sitting in an invisible chair.
 - Tap extended legs: Energy through the toes—straddle sharp!
- Advanced Play:
 - Release one hand briefly or transition into a Planche variation.
 - Add a backbend or leg sweep for flair.

Final Note:

The Ayesha on spiral is a pinnacle of strength and trust—control beats speed. Prioritize alignment and incremental progress. Always spot over a crash mat until fluidity and confidence shine!

Class 2 of 4 Level 3 Intermediate Spiral

External Entrances Standing Invert

To perform an external entrance standing invert on a spiral apparatus, begin by standing upright on the structure, feet anchored on adjacent rungs. Grip a rung positioned higher than your head with a mixed grip (one hand over, one hand under), ensuring both thumbs point upward along the spiral's curve for optimal torque. Shift your weight slightly forward, then lean backward decisively, allowing centrifugal force from the spin to pull your torso into a controlled arc. As your body swings outward, engage your core and bend your knees, drawing them sharply toward your chest to lift your hips upward. Simultaneously, press through your palms to extend your arms fully, using the momentum to propel your legs overhead into an inverted straddle position.

Once inverted, open your legs into a wide straddle, toes pointed, and press your hips forward to align them over your shoulders. Keep your arms straight and active, shoulders stacked over your wrists, as the spiral's rotation sustains the float. The external entrance emphasizes outward rotation—your torso faces away from the spiral's core, legs split wide to frame the apparatus. To stabilize, squeeze your glutes, engage your lats to protect your shoulders, and breathe into the hollow of your core.

Key Cues for Students

1. Starting Position:

- Stand upright on adjacent rungs, feet anchored firmly. Grip a high rung with a mixed grip (one hand over, one under)—thumbs pointing up along the spiral's curve for torque.
- Shoulders engaged; core braced—ready to harness momentum.

2. Initiate Momentum:

- Shift weight slightly forward, then lean backward decisively let centrifugal force swing your torso outward in an arc.
- Bend knees sharply to chest—hips lift upward. Press through palms to fully extend arms, propelling legs overhead.

3. Inverted Straddle:

- Open legs into a wide straddle—toes pointed; hips pressed forward over shoulders. Arms straight, shoulders stacked over wrists.
- Torso faces away from the spiral's core—legs frame the structure. Squeeze glutes, engage lats, breathe into a hollow core.

4. Stabilize & Exit:

- To descend: Tuck knees, lower legs with control, and reset to standing. No crashing!

Spotting Cues for Instructors

1. Position: Stand behind the student, hands ready to support hips/lower back.

2. Grip & Momentum:

- Check mixed grip: Thumbs up, wrists neutral—no twisting!
- Guide the backward lean: Commit to the arc—I'm here to catch momentum.

3. Inversion Assist:

- Support hips during knee tuck: Lift up, not out—avoid spiral collision.
- Steady straddle: Wider legs = better balance. Toes like laser points!

4. Alignment Fixes:

- Tap hips: Press forward—stack over shoulders.
- Adjust shoulders: Stacked over wrists—no sinking!

5. Exit Safety:

- Brace legs during descent: Tuck slow—muscle by muscle.

Risks to Monitor:

- Grip Failure: If hands slip, cue 'Regrip with thumbs up!'
- Over-Arching: Lower back sagging? 'Rib knit, core hollow!'
- Momentum Loss: Stuck mid-invert? Assist hip press or lower safely.
- Shoulder Strain: Shrugging? Cue 'Lats engaged, shoulders down.'

Pro Tips:

- Prep Drills:

- Practice backward leans and knee tucks without inverting to build trust in momentum.
- Strengthen shoulders with push-ups and hollow body holds.

- Tactical Cues:

- Press student's hips forward in inversion: Stack like building blocks.
- Tap glutes: Squeeze to lock the straddle.

- Advanced Play:

- Add a twist to face the spiral's core mid-invert.
- Transition into a handstand or Ayesha from the straddle.

Final Note:

This invert blends momentum mastery and body intelligence. Priority control leans over speed, and always spot over a crash mat until confidence soars!

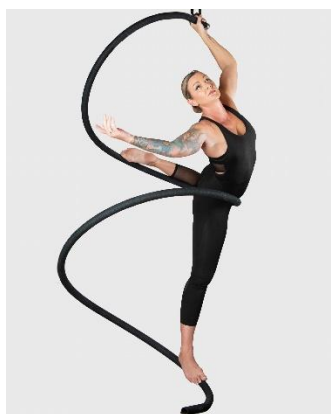
- Key cues:

- - Lean back into the spin—trust the centripetal force.
- - Knees to chest, then explode into the straddle.
- - Arms straight, thumbs locked upward to maintain grip alignment.
- - Hips high, chest open—avoid collapsing into the lower back.
-

- Exit: Lower with control by tucking your knees back to your chest, then slowly releasing your legs downward to rehook your feet on the rungs. This invert blends dynamic momentum with precision, demanding grip confidence, core power, and spatial awareness to harmonize with the spiral's rotation. Practice near the ground initially to refine timing and balance.
1. Kick up Single leg hold.
 2. Cartwheel to Ayesha

Class 3 of 4 Level 3 Intermediate Spiral

Downward facing moves



Dancer

To perform the dancer, a downward-facing aerial move, begin in a standing position on the spiral apparatus, feet anchored on the lowest rungs. Rotate your torso and toes to face downward along the spiral's curve, engaging your core for control. Lift your outside leg (away from the spiral's center) upward and over the second rung above your standing foot, draping the top of your thigh securely over the curve of that rung. Ensure the rung rests snugly on your thigh for stability. With your inside hand (closer to the spiral's core), reach up to grip the next higher rung, using it to anchor your upper body. Simultaneously, sweep your outside hand over the head and behind you grasp the foot of your lifted outside leg, creating a deep backbend by pulling the heel toward the back of your head. Shift your weight into your thigh anchor and supporting hands, testing balance before gently releasing your lower foot from its original rung. Extend the freed leg slightly or keep it softly bent, depending on flexibility, while maintaining a strong grip with your thigh and hands.

This pose emphasizes grace and balance, blending flexibility with strength. To exit, carefully rehook the released foot onto the lower rung, unwind the backbend, and return to standing. Practice near the ground initially to refine weight distribution and grip confidence.

Key Cues for Students

1. Starting Position:
 - Stand on the lowest rungs, torso and toes rotated to face downward along the spiral's curve. Engage your core and grip the structure for stability.

2. Leg Anchor & Backbend:

- Lift your outside leg over the second rung above your standing foot, draping your thigh securely over the rung.
- Inside hand reaches up to grip the next higher rung. The outside hand sweeps overhead to grasp the foot of the lifted leg, pulling the heel toward the back of your head.

3. Balance & Extension:

- Shift weight into your thigh anchor and supporting hands. Test balance before releasing the lower foot from its rung.
- Extend the freed leg slightly or keep it bent; toes pointed. Chest open, gaze forward or upward.

4. Exit:

- Rehook the released foot onto the lower rung. Unwind the backbend slowly, returning to standing with control.

Spotting Cues for Instructors

1. Position: Stand behind the student's backbend side, hands near hips/mid-back.
2. Thigh Anchor Check:
 - Ensure the rung is snug on the thigh: Press your thigh into the curve—no gaps!
3. Backbend Support:
 - Brace their lower back as they pull the heel: Arch from the upper back, not the spine.
 - Adjust hand placement: Inside hand high for leverage, outside hand firm on the foot.
4. Weight Shift:
 - Steady the student as they release the lower foot: Shift slowly—I've got your balance.
5. Leg Safety:
 - Guide the freed leg: Extend with control—no locking the knee.

Risks to Monitor:

- Thigh Slip: Reposition if the rung slides off the thigh.
- Over-Arching: Cue Lengthen the spine, ribs knit together.
- Grip Fatigue: If hands tremble, reset or lower to regroup.
- Balance Loss: Spot closely during foot release— Micro-shifts, not leaps!

Pro Tips:

- Prep Drills:
 - Practice backbends (e.g., camel pose) and thigh hooks on the ground.
 - Strengthen grip with towel pull-ups or forearm presses.
- Tactical Cues:
 - Press the student's thigh into the rung: Glue this spot—it's your anchor.
 - Tap their extended leg: Energy through the toes!
- Advanced Play:
 - Add a deeper backbend or release the inside hand briefly.

- Transition from a Double Knee Hang or Butterfly Pose.

Final Note:

The Dancer Pose merges bold flexibility with delicate balance. Prioritize control over depth—small adjustments in weight distribution and alignment ensure safety and artistry. Always practice near the ground first, and spot until confidence blooms! ✨

Class 4 of 4 Level 3 Intermediate Spiral



Handstand inside center of spiral

Begin in an internally facing forward fold on the lower rung of the spiral, hinging deeply at the hips with hands grounded securely on the rung and spine elongated. Adjust your stance and grip to find your unique spacing—a personalized distance that aligns with your limb length and balance requirements. From this folded position, engage your core and drive one leg upward, extending through the heel to reach the rigging point (the central apex of the spiral's top). Simultaneously, press through your palms to lift your hips upward, shifting weight fully into your hands and arms as the supporting leg follows the upward momentum.

As your feet connect with the rigging point, fully invert your body, stacking hips over shoulders and extending both legs to meet at the spiral's apex. Stabilize the handstand by grounding your palms into the lower rung, actively engaging your shoulders and arms, and maintaining a tight core to minimize

sway. Focus on alignment: shoulders stacked over wrists, ribs drawn in, and feet anchored firmly to the top center of the spiral.

Key Cues for Students:

1. Start in a Deep Forward Fold
 - Hands placed firmly and squarely on the lower rung.
 - Spine long, hips hinged—think hips high, heart low.
 2. Find Your Optimal Spacing
 - Personalize your hand and foot placement to accommodate limb length and balance.
 - Hands shoulder-width apart; feet should allow for a strong driving leg.
 3. Initiate the Handstand
 - Drive the leading leg up with energy and intent, aiming for the spiral's apex.
 - Simultaneously push through the hands to elevate hips and engage shoulders.
 4. Follow Through with the Trailing Leg
 - Let the second leg chase the first into the vertical plane.
 - Think of the legs moving like scissors: one initiates, the other follows.
 5. Stack and Stabilize in Handstand
 - Hips directly above shoulders and wrists.
 - Arms active, shoulders pressing away from ears.
 - Core tight, ribs drawn in, feet connected to the rig.
-

Key Spotting Points for the Instructor

These are the things a new instructor should focus on when supporting or queuing a student through the move:

1. Monitor Hand Placement Early
 - Ensure hands are shoulder-width and not too far forward or back on the rung.
 - Look for grounded palms and strong wrist alignment.
 2. Support the Kick-Up Phase
 - Stand slightly to the side/back under the hips or upper thighs if needed.
 - Cue lift through the shoulders and send the leg up with purpose.
 3. Eyes on Core and Hips
 - During the transition, watch for piking or collapsing in the core.
 - Cue rib connection and hip stacking to avoid banana-back shape.
 4. Leg Control and Connection to Apex
 - Make sure both legs are actively reaching, not dangling or loose.
 - Once inverted, look for symmetry and tension through the legs and feet.
 5. Final Alignment Check
 - Are wrists, shoulders, hips, and feet stacked?
 - Are the arms actively pressing into the floor (not passive)?
 - Is there any sway that needs stabilizing via core or hand pressure?
-



Figure Head

To execute the Figure Head, begin in a secure butterfly position (single knee hang) on the spiral, ensuring your top knee is firmly hooked over the hanging rung, bottom hand gripping the same rung for stability, lower leg extended straight out, and top hand anchored on the lowest rung. This skill requires mastery of the single knee hang for safety and control—do not attempt without this foundation.

From the butterfly, engage your core and sweep the extended lower leg back toward the spiral, mimicking the motion of returning to a double knee hang. Instead of re-hooking the knee, redirect the foot to press firmly against the lowest rung (where your top hand was anchored). As you release the top hand, unfold your body upward with deliberate control, transitioning into a standing position. The final pose balances on a knee hook (underneath the rung) with the same leg, while the opposite foot presses downward into the lowest rung for stability. One hand grip near the hooked knee for support, and the other extends outward to create a clean, aesthetic line.

For progression, advanced practitioners can practice releasing both hands momentarily, relying solely on the knee hook and foot pressure. Focus on initiating the leg sweep from the core, pressing the foot into the rung like a kickstand, and stacking the body upward vertebra by vertebra. This skill demands hip flexibility, grip endurance, and precise weight distribution, blending dynamic momentum with static control. Emphasize smooth transitions and minimal sway, using the free arm's extension to enhance balance and visual artistry. The Figure Head bridges athletic rigor with elegance, challenging students to harmonize strength, spatial awareness, and grace within the spiral's intricate architecture. To exit the Figurehead, place one or both hands back on the hanging rung and allow the lower pressing foot to release from the press and allow the body to come back to a single knee hung.

Key Cues for Students

1. Start in a Strong Butterfly (Single Knee Hang)

- The top knee is securely hooked over the hanging rung.
- Bottom hand grips that same rung for stability.
- Lower leg is extended, not floppy—active line!
- The top hand is anchored on the lowest rung, ready to press.

2. Initiate the Sweep from the Core
 - The extended leg doesn't just swing—it sweeps back with control.
 - Think: return to double knee hang in feeling, but not in form.
 - Momentum is generated from a tight core, not loose legs.
 3. Foot Press as a Kickstand
 - Instead of re-hooking the leg, the foot presses firmly into the lowest rung.
 - Press down and slightly out—like using a bicycle kickstand.
 - Cue: Find strong, grounded pressure in that foot.
 4. Controlled Unfold into Upright Position
 - Release the top hand slowly and let the torso rise vertebra by vertebra.
 - The hooked knee bears load, the foot stabilizes, and the spine stacks.
 - Cue: Imagine stacking your body like a tower—one brick at a time.
 5. Final Position & Line
 - Knee still hooks under the rung, foot presses into the lowest rung.
 - One hand holds for support near the hooked knee.
 - The free arm extends out or up for aesthetic balance.
 - Entire body shows strength + grace—no slumping or fidgeting.
 6. Progression: Hands-Free
 - Advanced option: float both hands for a moment.
 - Requires zero sway, deep core activation, and confident leg/foot pressure.
 - Cue: Balance energy between the hooked leg and foot press.
-

Key Spotting Points for Instructors

1. Start: Confirm Solid Single Knee Hang
 - Watch for a deep, engaged knee hook—not superficial.
 - Ensure the lower hand is stabilizing, not just hanging.
 2. Watch the Leg Sweep
 - This is a dynamic moment—spot from slightly behind/side.
 - Be ready to support the hips if they swing too far or off-balance.
 3. Monitor Foot Placement
 - That pressing foot should land precisely on the lowest rung.
 - If it's sliding or tentative, cue a firmer angle or shift weight into it.
 4. Control in the Unfold
 - Watch for wobbly transitions—support the back or hips if needed.
 - Cue slow, smooth motion and rib-to-hip connection.
 5. Check Final Stack and Line
 - The body should be aligned vertically—not leaning forward or twisting.
 - Arms: one for support, one extended with intention (not dangling).
 6. During Hands-Free Attempts
 - Spot very closely—you may need to catch them if balance falters.
 - Focus your attention on hips and core—most falls come from loss of midline control.
 7. Exit Support
 - Guide students to return hand(s) first before removing the pressing foot.
 - Never let go of the pressing foot until hands are reestablished.
-

Ballerina Split

Begin in an externally seated position on the top rung of the spiral, with knees pointed downward along the structure and your thighs and tailbone securely balanced against the rung. Grip the next highest rung with one hand, palm facing outward, positioned just above your seated base. Reach the opposite arm across the spiral, palm facing downward, to brace for a controlled lean backward. Engage your core and slowly lean back, extending your top leg fully upward until your toes meet the rung adjacent to your top hand (same-side hand and foot). Maintain contact between your toes and the rung as you shift your weight gradually into your top hand, using it as an anchor. Release your bottom hand to press firmly against the spiral, leveraging this push to guide your body away from the structure. As you descend, extend your free leg downward toward the ground, creating a dramatic split suspended between the spiral and the floor.

In the final pose, balance on the tension of the top hand's grip, the stability of the seated base, and the opposing lines of the split—one leg anchored to the spiral's apex, the other stretching earthward. Focus on elongating through the spine, engaging the glutes to stabilize the split, and keeping the arms active to control momentum. For progression, refine the split's symmetry and experiment with releasing the bottom hand entirely, relying on core strength and precision.

Key Cues for Students

1. Secure Starting Seat
 - Sit on the top rung with external rotation—knees facing downward, thighs snug against the spiral.
 - Tailbone and sit bones are firmly planted—no wiggling base!
 - Cue: Imagine sitting on a ledge—no slouching, no sliding.
2. Top Hand Placement for Lift
 - Grip the next highest rung (above your seat) with the same-side hand.
 - Palm faces outward—like you're opening up the spiral.
 - This hand will be your anchor for the lean and the split.
3. Cross-Body Reach for Stability
 - Opposite arm reaches across the spiral (palm down), prepping for the lean.
 - This hand braces the descent—important for control, especially early on.
4. Lean Back with Core Engagement
 - Engage your abs and glutes before you lean.
 - Slowly lean back, extending the top leg until the toes meet the rung next to your top hand.
 - Cue: Reach long, not fast. Let the leg extend like a lever.
5. Transition to Split
 - Shift weight into the top hand grip, grounding through the toes.
 - Release the bottom hand to press against the spiral, pushing your torso away from the rig.
 - The lower leg extends down, forming a split line between the spiral and floor.
6. Final Pose Details
 - Top leg: strong contact at the toes, lifting from the hip.
 - Bottom leg: fully extended, reaching to the floor or air.
 - Spine: long and engaged—avoid arching too much.
 - Arms: top hand pulls up, bottom arm (if used) pushes out.
7. Progression Option
 - Advanced: release bottom hand completely.

- Requires full reliance on core, top leg engagement, and precise balance.
- Cue: Feel your glutes stabilize the split; don't hang in your arm.

Key Spotting Points for Instructors

1. Monitor the Initial Seat
 - Ensure the seated base is solid before any lean.
 - Watch for sliding hips or disengaged core—adjust as needed before progressing.
 2. Spot During the Lean
 - Stand slightly behind or to the side—ready to support at the back or ribs.
 - Focus on a slow lean; stop the student if they drop too fast or collapse.
 3. Watch the Foot-to-Rung Contact
 - The toes should reach the rung cleanly and with control.
 - If they're straining to connect, queue a stronger core lift or readjust the seat height.
 4. Support the Split Transition
 - As the bottom hand releases, spot at the lower back or hip to help guide them outward.
 - Ensure they press away rather than twist or collapse.
 5. Check Final Shape
 - Are the legs in one clean line? Top leg extended, bottom leg reaching?
 - Is the spine active and upright—not crunched or over-arched?
 - Hands engaged—no passive gripping.
 6. Hands-Free Option
 - Only allow hands-free practice if the student is clearly stable in the full split.
 - Stand nearby in case of slip support under the hip or back if they lose tension.
 7. To Exit
 - Cue them to press back into the spiral with the bottom hand.
 - Then gently guide the descending leg back up and re-seat onto the spiral.
-

Level 4: Advanced Spiral

Week 13-16: Fusion and Artistry

- Combining spins, climbs, and inverts into fluid sequences
- Developing one's unique style and artistry on the pole
- Exploring spiraling movements and their variations
- Strengthening endurance and coordination

Level 4 Aerial Warm Up & Flexibility

(Elite Mastery: Extreme Strength, Dynamic Control, Artistic Integration)
Elite Warm-Up)

Plyometric Arm Circuits

Explosive shoulder power and reactive stability for one-arm balances.

Weighted Lateral Leg Swings with Rotation

Rotational power and hip dissociation for advanced wraps/drops.

Dynamic Scorpion Stretch Flow

Full-body articulation and thoracic mobility for intricate transitions.
Sprint Bursts with Tuck Jumps
Anaerobic capacity and fast-twitch muscle recruitment.

Extreme Split & Hip Mastery
Over split Holds with Elevation
Hypermobility underload for connective tissue resilience.
Active Middle Splits with Weighted Pulses
Active adductor strength for floating splits in the air.
Flying Pigeon Prep
Hip suspension and balance for aerial poses.

High-Stakes Hip & Core Conditioning
Single-Leg Deadlift to Arabesque with Rotation
Hip stability, core anti-rotation, and dynamic alignment.
Weighted Hollow Body Rocks with Twists
Core endurance and rotational control under fatigue.

Elite Wrist/Ankle & Grip Conditioning
One-Arm Wrist Walks
Wrist prep for one-arm hangs and dynamic catches.
Ankle Lock Drills with Resistance
Foot articulation for precision in drops and releases.

Level 4 Conditioning Drills

- One-Arm Inverted Leg Switches (Spiral)
Unilateral grip strength and mid-air redirection control.
- Planche Push-Up Negatives
Chest, shoulder, and core strength for static holds.
- 360° Dragon Flags
Extreme core stabilization and rotational power.
- Single-Arm Climbs with Legless Transitions
Upper-body strength and grip endurance.
- Explosive Straddle Mount to Iron Cross Prep
Lat and shoulder retractor strength for advanced crosses.
- Weighted Aerial Skin-the-Cat
Shoulder mobility and spinal control under load.

Advanced Recovery & Proprioceptive Training

- Weighted Nerve Flossing
Neural tension releases and mind-muscle connection.
- Inversion Blood Flow Reset
Recovery and spinal decompression.
- Partner-Assisted PNF Stretching
Maximal range of motion through reciprocal inhibition.

Key Notes for Level 4

- Prioritize precision, artistry, and risk management.
 - Mandatory spotting, crash mats, and coach supervision.
 - Cycle strength peaks with active unloads.
 - Integrate mental resilience drills (visualization, timed circuits).
- Focus: Professional-level mastery of physicality, creativity, and fearless execution.

Level 4 Advanced

After reviewing the above warm up and conditioning for the beginning of this level, continue on to Level 4 class 1 curriculum. Begin by reviewing level 1 and 2 and practicing all the previous curriculum.

Class 1 of 4 Level 4 Advanced Spiral



Crescent Willow

The Crescent Willow begins in a double knee hang with knees drawn inward and toes pointed outward. From this position, initiate a controlled upper-body rotation to one side to transition into a single shoulder stand facing upward along the spiral's axis. Keep the top leg anchored by hooking the knee pit securely around the upper rung, while the other leg sweeps in a crescent arc, crossing around the hanging thigh and threading beneath the lower spiral rung to create a twisted, draped silhouette. Simultaneously, extend the front arm forward to grip the apparatus for stability, and press the other hand against the rung to counterbalance the torque of the spiral. Maintain tension in the hooked leg, elongate the spine, and engage the core to stabilize the shoulder stand, ensuring hips remain squared upward and toes stay pointed for clean lines. The movement emphasizes slow, deliberate rotation to preserve control, with the torso curving into a crescent-like shape and the arms acting as dynamic

supports to manage the unwind. This elegant pose demands precise weight distribution, hip and shoulder flexibility, and sustained core strength to execute its intertwined, flowing form.

Key Cues for Students

1. Start in a Centered Double Knee Hang
 - Knees drawn inward (not flaring), toes pointed outward for clean leg lines.
 - Keep hips square and close to the spiral to set up for the rotation.
 - Cue: Think compact and centered—hug the midline.
 2. Initiate a Controlled Rotation
 - Begin to rotate the upper body toward one side to transition.
 - The goal is a slow-motion shift—not a flip.
 - Cue: Spiral from your ribs, not just the neck or shoulders.
 3. Establish the Single Knee Hook
 - As you rotate, hook one knee pit around the upper rung.
 - This becomes the main anchor—must be secure and active.
 - Cue: Pull the hook tight and engage the hamstring to lock in.
 4. Create the Signature Leg Thread
 - The free leg arcs in a crescent path, crossing the hooked thigh and threading underneath the lower rung.
 - Aim for fluid motion—no jerky transitions.
 - Cue: Let the free leg paint a wide arc—swooping and gliding under.
 5. Arm Placement for Stability
 - Front arm reaches forward to grip the apparatus—provides directional control.
 - The back arm pushes against a lower rung or spiral edge to counterbalance the twist.
 - Think of your arms like the ends of a seesaw: one pulls, one presses.
 6. Shape the Final Pose
 - Shoulders and hips face upward—avoid twisting too far off-axis.
 - Spine curves into a gentle crescent; ribs stay engaged.
 - Core lifts and stabilizes; both feet remain pointed.
 - Cue: Be long and light—crescent shape, not collapsed.
 7. Control the Unwind
 - Arms help guide a smooth re-center as the pose unravels.
 - Reverse the leg sweep carefully, lead with the hips, not the shoulders.
-

Key Spotting Points for Instructors

1. Double Knee Hang Setup
 - Confirm knees are secure and not slipping forward.
 - Look for slight engagement in the hamstrings and core before rotation begins.
2. Rotation Initiation
 - Stand to the side the student is turning toward.
 - Spot at the upper ribs or side torso to assist the twist while maintaining balance.
3. Secure Knee Hook

- The single hooked knee is the anchor—check for a deep hook and locked position.
 - Cue adjustments if the knee isn't snug around the upper rung.
4. Monitor the Leg Sweep
 - Watch the path of the free leg—it should move around and under, not flop.
 - Assist if needed by lightly guiding the thigh or foot to the proper threading path.
 5. Spotting the Crescent Curve
 - Once in position, support lightly at the low back or hips to maintain the crescent shape.
 - Look for over-rotation—correct if hips or shoulders fall off vertical alignment.
 6. Hand Placement & Arm Engagement
 - Ensure the reaching hand is firmly gripping, and the pushing hand is providing real counter-pressure.
 - Arms should look active, not passive or limp.
 7. Support During Exit
 - Be ready to assist with the unwinding leg sweep.
 - Spot under the lower back or near hips to help guide the rotation safely and smoothly back to center.
-

Toe Hang

To transition from a double knee, hang to a toe hang, begin by positioning both hands firmly on the rung directly beside your knees, fingers wrapped securely around the flat. Shift your weight fully into your hands, engaging your shoulders and core to lift your knees slightly off the rung, creating space to swing your legs upward. With control, extend your legs toward the rung above, aiming to hook the tops of both feet over the flat—flex your toes aggressively downward to lock the feet in place, creating a strong active grip by pressing the rung into the creases of your ankles. Once your weight is fully supported by your feet, begin to slowly release your hands from the lower rung, straightening your arms and allowing your body to descend into a vertical line. Elongate through your spine, engage your quads and glutes to keep your legs straight, and point your toes to emphasize a clean, streamlined shape. Your arms can extend overhead or remain by your sides, depending on the desired aesthetic. Focus on maintaining tension throughout your body to avoid sagging at the hips or shoulders, ensuring the weight remains centered over the hooked feet. This controlled transition relies on core strength, precise weight transfer, and confident foot articulation to execute smoothly.

Key Cues for Students

1. Starting from a Strong Double Knee Hang
 - Hands should grip the rung beside the knees—fingers wrapping fully.
 - Shoulders and core engaged to stabilize before initiating the lift.
 - Cue: Push the ground away through your arms—lighten the knees.
2. Lift the Knees and Prepare for Leg Swing

- Engage the core to gently float the knees off the bar—don't kick.
 - This moment is key to setting up a clean leg swing.
 - Cue: Think: float up, then thread up and over—not a swing and pray.
3. Controlled Hook Over the Upper Rung
 - Legs extend upward toward the next higher rung.
 - Hook the tops of the feet over the flat bar.
 - Cue: Flex your feet and dig the bar into your ankle creases—like you're trying to grab it with your toes.
 4. Create an Active Toe Hang
 - The grip must come from aggressive foot flexion and tension in the legs.
 - No floppy feet, everything is working to hold you there.
 - Cue: Press down through your toes as if locking the bar underfoot.
 5. Release Into Vertical Line
 - Once secure, slowly release the hands, straightening the arms to descend.
 - The body lines up beneath the feet: hips over shoulders, spine long.
 - Cue: Melt into a line—hips over shoulders, legs zipped.
 6. Leg and Arm Styling Options
 - Legs: fully straight, toes pointed for aesthetic.
 - Arms: overhead or down by sides—depending on line/style.
 - Keep glutes and quads tight to support the hang and maintain visual clarity.
 7. Control and Exit
 - This is a static hold that requires continued core and leg engagement.
 - To exit, reach back to grip the lower rung before unhooking feet.
 - Cue: Stay active all the way down—never dump out of the pose.
-

Key Spotting Points for Instructors

1. Knee Hang Setup
 - Ensure the student's double knee hang is deep and active before starting.
 - Watch for any signs of slipping or lack of shoulder engagement.
2. Spot the Knee Lift + Leg Hook
 - Stand behind or to the side.
 - Be ready to support at the lower back or hips if the lift lacks control.
 - Lightly guide the legs toward the upper rung if needed, especially during early learning.
3. Monitor Foot Hooking
 - Confirm both feet are securely hooked over the upper rung before any hand release.
 - Check for correct flexion and placement—tops of feet, not arches.
4. Hand Release Phase
 - This is the critical transition.
 - Spot by hovering a hand near the student's back or shoulders to catch any backward drop.
 - Cue slow hand release, not a drop-and-pray.
5. Final Vertical Line Check
 - Are the hips sagging or drifting out of alignment?
 - Cue active glutes and core; spot gently at the hips or back to adjust.
6. Exiting the Toe Hang

- Ensure the student re-establishes grip before attempting to dismount.
 - Watch for foot unhooking—assist if there's a risk of sliding off too quickly.
-



Smash Drop

To execute a Smash Drop, you'll begin in a double knee hang, facing inward, with your knees securely hooked on the middle rung of the spiral. Your body should be centered and stable, with your arms gripping the rung below you to maintain balance. To initiate the move, you'll engage your core and prepare to shift your weight forward slightly. The key is to create momentum by lifting your hips just a bit before you drop. As you release your knees from the rung, your hips should lead the way, moving toward the lower rung in front of you. The motion is controlled, and you should feel your body move smoothly through the drop with your legs extending downward. As your body drops, your arms should stay engaged, and you'll press the tops of your hips firmly against the lower rung for stability. The goal is to land in a controlled position, with your hips securely on the rung, keeping your body slightly angled forward, your chest open, and your core engaged to help you stabilize the movement. This move combines a fluid drop with strong body control, making it both dynamic and powerful. Keep the descent steady, and don't rush—maintain tension throughout to avoid any sudden jerks or loss of control.

Key Cues for Students

1. Starting in an Internally Facing Double Knee Hang:
 - Begin with both knees hooked securely over the middle rung.
 - Torso internally facing—keep the back straight and shoulders engaged to maintain stability.
 - Hands gripping firmly on the rung for support and control.
 - Cue: Engage your core and stabilize your shoulders—start with a solid base in the double knee hang.
 2. Preparing for the Drop:
 - Begin by engaging the core and shifting weight slightly forward to prepare for the drop.
 - Lift the hips slightly, creating a sense of upward momentum in preparation for the descent.
 - Feet should be flexed, ready to press against the lower rung as you move into the drop.
 - Cue: Press your feet together to create the tension for a smooth drop.
 3. The Smash Drop Transition:
 - Release the knees from the middle rung while simultaneously rotating the hips forward towards the front of the apparatus.
 - As you drop, lead with your hips—bring them down toward the lower rung, with the legs remaining extended and engaged.
 - Control the descent by actively using your arms for stability, keeping a strong core and pressing through the palms.
 - Cue: Lead with your hips—let your body follow naturally. Engage your arms and core for control as you descend.
 4. Arriving at the Lower Rung:
 - Once you've passed through the drop, press the tops of your feet firmly against the lower rung for support.
 - Shift your weight into your feet, maintaining the core engagement to ensure a controlled landing.
 - Your body should be slightly angled, with the chest directed forward and the legs extended downward.
 - Cue: Feet pressed firmly against the rung—brace through the core for control.
 5. Final Position:
 - The move should conclude with your hips and chest aligned, arms engaged, and feet securely pressed into the lower rung.
 - Your body should maintain clean lines, with the legs extended and toes pointed.
 - Cue: Hold the final position with stability and control, keeping the alignment intact.
-

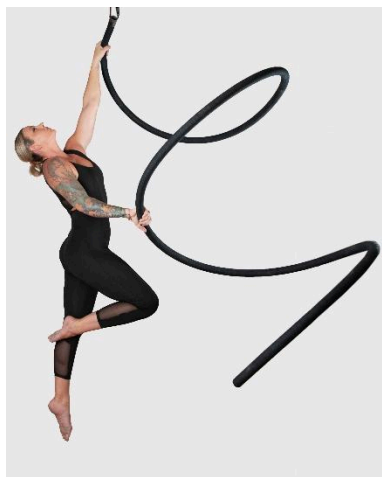
Key Spotting Cues for Instructor

1. Monitoring Initial Position:
 - Ensure knees are securely hooked in the starting position, with the torso in an internally facing position.
 - Help maintain shoulder engagement to avoid collapsing into the neck.

2. Preparing for the Drop:
 - Watch for the student's core engagement as they prepare for the drop—ensure they aren't rushing or losing tension in the body.
 - Spot hips and core as they begin the rotation to move forward.
 3. Supporting the Drop:
 - As the student drops, be prepared to spot at the hips and torso—help guide the direction of the drop if necessary.
 - Ensure they maintain control of their descent and don't drop too quickly, which could lead to imbalance or injury.
 4. Feet Placement:
 - Watch the student's feet as they land on the lower rung—ensure they are pressing properly and are not misaligned, which can affect stability.
 5. Final Position and Exit:
 - Ensure the student maintains alignment in the final position—hips and chest aligned; arms engaged for stability.
 - Spot at the lower back and hips to provide support if the student needs assistance with stabilization.
-

The Smash Drop is a dynamic and powerful move that relies on control and core engagement during the transition. The key to executing it safely is timing the drop correctly, maintaining tension throughout the movement, and focusing on smooth body rotation during the descent.

Class 2 of 4 Level 4 Advanced Spiral



External Dead Hang

To enter the external dead, hang from the ground, begin by gripping the apparatus with one hand on an upper rung and the other on a lower rung, spacing your arms asymmetrically. Stand facing the apparatus, then lean back slightly into the spin's intended rotation, engaging your core and pressing through your feet to initiate momentum. As the spin begins, step or pivot your feet in the direction of rotation, allowing your body to lean outward while maintaining a firm grip—pull actively with the top

hand and push through the palm of the lower hand to stabilize. Once centrifugal force builds and begins to lift your weight off the ground, resist the urge to jump; instead, let the rotation's momentum passively carry your feet upward. As your body becomes airborne, contract your torso into a tight pencil shape (legs straight, toes pointed, spine elongated) or a stag leg variation (one knee bent, the other leg extended), while keeping your hips squared and ribs rotated away from the apparatus to emphasize the external spiral.

Engage your lats, obliques, and glutes to hold the hollow-bodied position, and press firmly through both hands—top hands pulling to anchor the shoulder, lower hand pushing to counterbalance the rotational torque. Keep your gaze forward or slightly upward to maintain spinal alignment, and ensure your shoulders stay depressed (away from your ears) to protect the joints. The key is to lean into the spin's arc as you leave the ground, using the centrifugal force to suspend your body rather than relying on brute strength. Once stabilized, refine the lines: squeeze every muscle to eliminate slack, and breathe steadily to sustain tension. This entry combines dynamic momentum with full-body control, creating a dramatic, outward-facing pose that highlights both power and precision.

Key Cues for Students

1. Asymmetric Grip & Ground Setup

- One hand on a higher rung, the other on a lower rung—arms are offset.
- Face the spiral directly; feet grounded, and body prepped to spin.
- Cue: Top hand pulls, bottom hand pushes—set your launch grip before moving.

2. Initiate Rotation from the Core

- Lean into the spiral's natural direction—slightly off-center.
- Begin stepping or pivoting to match the spin, not force it.
- Cue: Push through your feet and guide with your ribs—initiate with finesse, not force.

3. Let Momentum Lift, Don't Jump

- As the spin builds, allow the spiral's motion to lift your feet naturally.
- Avoid jumping or kicking off the ground.
- Cue: Float off the floor. Let the spin do the work—you just guide it.

4. Engage Hollow Body Mid-Air

- As you leave the ground, contract into:
 - A pencil line (legs straight, toes pointed), or
 - A stag shape (one leg bent, another extended) for style and control.
- Hips rotate slightly away from the apparatus to create the external line.
- Cue: Zip the ribs, point the toes, and rotate open.

5. Arm Action & Shoulder Control

- Top hand pulls—engaging the shoulder to anchor the upper body.
- Bottom hand pushes against the spiral—countering the torque.
- Keep shoulders depressed to avoid strain or shrugging.
- Cue: Push and pull—opposing energy makes the line strong.

6. Full-Body Tension & Final Position

- Lats, obliques, core, and glutes all actively engaged.
- Gaze slightly up or forward—lengthens the neck and aligns the spine.
- Emphasize a sense of lifted suspension, not dangling.

- Cue: Squeeze everything—make your body feel like it's being drawn outward.
-

Key Spotting Points for Instructors

1. Pre-Spin Setup

- Check grip spacing and hand placement first—misaligned hands can disrupt rotation or strain joints.
- Confirm active engagement before the spin begins (no dead arms).

2. Support During Initiation

- Stand to the side or slightly behind.
- Watch for students who try to jump or muscle the move—cue control and patience instead.
- Assist by lightly guiding the hips or back into the rotational path if needed.

3. Spot the Lift-Off Phase

- Be ready to catch or slow the spin if their body starts flailing or loses tension.
- Key area to watch: core and legs—they must move as one unit into either a pencil or stag.

4. Check Shoulder Engagement

- Shoulders should remain low and strong—correct if student is shrugging into ears.
- Cue pulling through the lats and keeping elbows slightly soft.

5. Correct Rotation and External Shape

- Ensure hips are opening away from the spiral, not collapsing into it.
- Watch for symmetry in the line—spot at hips or ribs to adjust alignment mid-air if needed.

6. Exit/Decompression

- Guide students back to the ground by slowing the spin or having them reverse the momentum.
 - Hands stay on until feet are grounded again—don't let go mid-spin.
-

External Iron X

To transition from the external dead hang into an Iron X, begin by solidifying your grip in the pencil-shaped position—body fully elongated, legs straight, toes pointed, and torso rotated externally with one hand on an upper rung (pulling) and the other on a lower rung (pushing). Engage your lats, core, and shoulders to initiate the deadlift: press down firmly through both hands, pull your hips upward as if dragging them toward the ceiling, and simultaneously press your legs straight out into a wide V shape. Keep your legs rigid and toes pointed to maintain tension, resisting any bend at the knees. As you lift, focus on hollowing your torso—ribs pulled in, lower back flat—to channel power from your core and prevent sagging.

The top (upper rung) arm remains straight and externally rotated, shoulder anchored down to avoid collapsing, while the lower arm actively pushes into the rung to stabilize the asymmetrical load. Your hips should lift until they align slightly above shoulder height, legs splayed in a controlled V to counterbalance the upper-body torque. Squeeze your glutes and inner thighs to lock the leg position, and press through your palms to maintain a rigid, straight-arm support. Breathe steadily to sustain tension and refine the lines by elongating through your spine and fingertips.

This transition demands explosive shoulder and core strength, along with hip flexibility to achieve the wide straddle. Progress slowly, build control in the lift before attempting full extension, and prioritize

alignment to protect the lower back and shoulders. The Iron X here becomes a dramatic blend of power and extension, anchored by the dynamic external rotation of the setup.

Key Cues for Students

1. Begin from a Solid External Dead Hang

- Body in a long pencil shape: legs straight, toes pointed, spine elongated.
- Torso slightly rotated externally, ribs spiraling away from the apparatus.
- Hands asymmetrically placed: top hand pulls, bottom hand pushes.

2. Set the Shoulder Positions

- Top arm: fully straight, shoulder externally rotated and anchored down.
- Bottom arm: strong push into the lower rung—provides counterforce for lift.
- Cue: Pull from the top, push from the bottom—arms act like levers.

3. Engage the Core + Initiate the Deadlift

- Begin lifting the hips upward while keeping arms straight and shoulders active.
- Hollow out the core—ribs drawn in, spine neutral or slightly tucked.
- Cue: Drag your hips up with control, not speed—lift from the lats and core.

4. Straddle with Power & Precision

- As the hips rise, extend both legs into a strong, wide V.
- Legs should be fully straight, toes pointed, and glutes engaged.
- Cue: Slice the air with your legs—no bend, no slack.

5. Final Alignment and Hold

- Hips should land slightly above shoulder height to counterbalance gravity.
- Arms remain straight and locked, with tension distributed through the shoulders, lats, and core.
- Spine stays long, gaze neutral or slightly upward.
- Cue: Press through your arms and radiate out through your legs—create an X, not a sag.

6. Refine and Breathe

- Maintain consistent breath, don't hold it!
 - Use your breath to manage tension and duration of the hold.
 - Cue: Every inhale lifts you; every exhale locks you in.
-

Key Spotting Points for Instructors

1. Check Dead Hang Position First

- Ensure the student is stable in their external pencil hang before attempting the lift.
- Spot from the side where you can easily access hips or thighs.

2. Support During Hip Lift

- As they initiate the deadlift, spot at the lower ribs or hips—assist upward motion if needed.
- Be careful not to push them into an arch—cue them to stay hollow.

3. Guide Leg Positioning

- As legs begin to straddle, gently spot at the inner thighs to guide a wide, even V.
- Watch for knee bending cue or correct if the legs start to droop or soften.

4. Arm & Shoulder Integrity

- Watch for shoulder collapse, especially in the top pulling arm.
- Spotting hand should hover near the upper back in case of sudden loss of tension.

5. Monitor Alignment

- Ensure the spine is staying long and neutral—no over-arching or spinal sagging.
- Hips should hover slightly above the shoulders—help adjust if they're too low or too high.

6. Safe Exit

- Cue students to reverse slowly: legs return to pencil shape, then gently lower the hips.
- Keep spotting until the student is fully back in control, preferably returning to the external dead hang before coming down.

Class 3 of 4 Level 4 Advanced Spiral



True Meat hook forward

To execute the meat hook from an inverted straddle (palms facing away, legs split wide), begin by shifting your weight into one anchored arm while maintaining a firm, active grip on the apparatus. From this inverted position, sweep a leg dynamically outside the spiral's curve, arcing it downward and across your body toward the opposite side. As the leg travels, engage your obliques and deep core to rotate your torso into a lateral pike, folding your upper body sideways toward the anchored arm. Your transition leg meets your anchored side leg midair, stacking or crossing them to create a compact, hooked shape, with the left hip driving upward to maintain height.

Simultaneously, release your non-anchored hand from the apparatus, extending it toward the floor or sweeping it into a streamlined position to emphasize the rotational line. Your entire body now hinges on the anchored arm, with shoulders stacked under the wrist, core engaged to prevent collapsing, and legs active in their crossed or stacked position. To exit, reverse the motion: re-grip with your free hand, unwind your torso by rotating back toward center, and swing the extended leg (left) upward and outward to return to the inverted straddle. Keep the movement controlled, using your core to stabilize the straddle as you reset.

This meat hook variation blends dynamic leg work, rotational core strength, and single-arm stability, demanding coordination to balance the spiral's momentum with clean lines.

Key Cues Points for Students

1. Start in a Stable Inverted Straddle
 - Palms face away (externally rotated grip).
 - Legs wide in an active straddle—engage the core and inner thighs.
 - Shoulders stay stacked over wrists to prep for the one-arm support.
 2. Shift Weight into the Anchored Arm
 - Choose your support arm—the one you'll hinge around.
 - Press through that arm actively: shoulder down, elbow straight but not locked.
 - Cue: Anchor through one side—prepare to pivot around that wrist.
 3. Initiate Leg Sweep Around the Spiral
 - The free leg sweeps outside the spiral, down and across the body.
 - This leg drives the rotation—must be dynamic but controlled.
 - Cue: Draw a wide arc around the spiral—think big, then tight.
 4. Engage Core to Fold into Lateral Pike
 - As the leg crosses, rotate your torso sideways into a deep pike—rib cage folds toward the supporting arm.
 - Obliques pull inward; hips should lift rather than drop.
 - Cue: Fold sideways like closing a book but keep the book from falling.
 5. Stack or Cross the Legs Midair
 - Bring the sweeping leg to meet the anchored-side leg—either cross tightly or stack parallel.
 - Keep both legs active: pointed, straight, and squeezing.
 - Cue: Lock your legs like tongs—no spaghetti limbs.
 6. Release the Non-Anchored Hand
 - Let go with the non-supporting hand once balance is found.
 - Extend that arm downward or outward to continue the spiral line.
 - Cue: Let the arm float like an arrow pointing into the twist.
 7. Final Pose Alignment
 - Hinge entirely from the anchored arm.
 - Shoulders stacked, ribs in, hips lifted—no sagging.
 - Legs form a compact shape; body rotates around the spiral.
 - Cue: The meat hook is stillness inside a storm—find tension in every angle.
 8. Controlled Exit
 - Re-grip with the free hand.
 - Unwind slowly rotate the torso back to center.
 - The sweeping leg lifts up and out to return to the straddle.
 - Cue: Undo the twist like unwinding a ribbon—slow, not sudden.
-

Key Spotting Points for Instructors

1. Straddle Setup
 - Confirm external hand grip (palms away).
 - Spot beneath the hips or mid-back to assist balance before rotation.

2. Weight Transfer to One Arm
 - Ensure the student presses firmly into the supporting arm before sweeping.
 - Support gently at the ribs or shoulder blade if they struggle to hold structure.
 3. Leg Sweep & Rotation
 - Spot at the sweeping thigh or outer hip to guide the leg safely across.
 - Be ready to support the torso as it pivots—assist with lateral compression if needed.
 4. Stacked Leg Position
 - Watch for loose or floppy legs—cue tightening or lightly adjust the alignment.
 5. Single-Arm Hold
 - Most important spotting phase—stand behind and close.
 - Support at the low ribs, back, or pelvis to prevent sag/drop through the shoulder.
 6. Exit Mechanics
 - Cue a slow unwind.
 - Assist at the extended leg or waist to help re-center into the straddle cleanly.
 - Maintain presence until both hands are back on and the student is fully stable.
-

Reverse Meat hook

To rotate from a single-handed meat hook to a behind-the-back meat hook mid-air, begin by anchoring firmly in the starting position: one hand gripping the apparatus (e.g., right hand), torso rotated sideways into a pike, legs crossed or stacked, and free arm extended away. Engage your obliques to unwind slightly from the pike, then dynamically re-rotate your torso opposite the original direction while swinging your legs in a controlled arc behind your body to generate momentum—extend the top leg backward and keep the bottom leg slightly bent to drive the rotation. As your legs sweep through, release your free hand and pivot your shoulders and ribcage further, allowing your torso to twist until your back faces the apparatus.

Simultaneously, reach your free hand behind your back to regrip the apparatus on the opposite side of your anchored hand, aiming for a secure hold on a lower or offset rung. Shift your weight into both hands—maintaining a firm pull with the original anchor (right hand) and pressing into the new behind-the-back grip (left hand)—while adjusting your legs into a crossed or bent position to complete the transition. Engage your lats, core, and glutes to stabilize the twist, keeping shoulders down and chest open to avoid collapsing into the joints. Crucially, let your legs lead the rotation while your torso follows, and prioritize controlled momentum over speed to ensure a smooth grip shift. To exit, reverse the motion by unwinding the torso and legs, or practice close to the ground initially to build confidence in the weight transfer and spatial awareness. This advanced transition demands shoulder mobility, rotational core strength, and precise timing to execute the illusion of the body spiraling seamlessly around the apparatus.

Key Cues for Students

1. Start in a Strong One-Arm Meat hook
 - Begin with:
 - One hand is gripping firmly (e.g., right hand).
 - Torso piking laterally toward the grip side.

- Legs stacked or crossed in a compact position.
- Free arm extended out to balance the line.
- Cue: Anchor deep into your arm, fold tight through your side body, and lock the legs.
- 2. Unwind Slightly, Then Re-Rotate Opposite
 - Use your obliques to slightly unwind from the pike, creating space.
 - Immediately re-rotate your torso in the opposite direction, initiating a twist.
 - Cue: Unfold just a breath, then spiral the opposite way—let the twist come from the ribs.
- 3. Sweep Legs Behind to Generate Rotation
 - Lead with the top leg extended back; bottom leg bent slightly to drive momentum.
 - The legs arc behind the spiral, generating torque for the twist.
 - Cue: Let your legs carve a wide scoop behind you—hips follow, spine follows, then reach.
- 4. Release & Reach Behind the Back
 - As your body twists, release the free hand and bring it behind your back to regrip the apparatus.
 - Aim for a lower or lateral rung—placement depends on body proportions and flexibility.
 - Cue: Thread your arm back like reaching into a coat sleeve—slide into the new grip.
- 5. Establish the Behind-the-Back Grip
 - The new (behind-the-back) hand presses or pulls into a lower rung.
 - Shoulders are now squared across the twist, back facing the apparatus.
 - Cue: Two hands on—one pulling, one pressing—but both active and protecting your shoulders.
- 6. Settle the Final Body Shape
 - Legs can remain crossed or bent to preserve compactness.
 - Core tight, shoulders down, chest open—avoid crumpling or shoulder collapse.
 - Cue: Lift through your ribs, soften the knees, and rotate into control—not into tension.
- 7. Exit with Care
 - Reverse the twist—free the behind-the-back hand, re-extend the torso and legs to reset.
 - Or, practice from low height for exit drills.
 - Cue: Unwind like film in reverse—slow, steady, and centered.

Key Spotting Points for Instructors

1. One-Arm Meat hook Setup
 - Confirm secure grip and proper pike fold.
 - Spot at the waist or obliques to ensure the torso stays stable before the twist begins.
2. Support Through Rotation Initiation
 - As legs sweep behind, be ready to guide the hips or upper ribs.
 - Help manage momentum—slow them down if they over-rotate or flail.
3. Behind-the-Back Reach
 - Crucial moment: spot behind and to the side of the student.
 - Hover near the upper back or shoulder blade in case the reach destabilizes their line.
4. Grip Switch Monitoring
 - Confirm new grip is firm before full weight shifts onto it.
 - Cue active engagement in both hands immediately after regrip.
5. Post-Twist Stability
 - Check for shoulder elevation or twisting through the lower spine.
 - Spot or gently cue adjustments at ribs or pelvis to bring them into clean alignment.
6. Controlled Exit
 - Assist as needed when unwinding, particularly if student loses spatial orientation.

- Cue them to re-center at each phase rather than unravel all at once.

This variation showcases an illusion of the body spiraling through the apparatus. Teaching it requires an eye for timing, body integrity, and how movement builds from leg-driven momentum into controlled, upper-body stability.

Chest Stand

To transition into a chest, stand from a double knee hang, begin by anchoring your knees securely on the middle rung, torso upright, and hands gripping the apparatus. Slowly lean forward, unfolding your chest to lower it onto a lower rung, positioning your sternum centered on the bar. Rotate your head and neck outside the spiral's curve (chin lifted slightly, gaze directed downward or sideways) to avoid compression, and stretch both arms straight across the lower rung, palms pressing firmly into the bar for stability—this creates a wide base of support. Shift your weight onto your chest and hands, engaging your upper back and core to balance, ensuring your hips remain elevated and aligned over the knees.

Once stable, unhook your legs from the middle rung, extending them downward to press the tops of your feet against the outside of the next upper rung. Actively flex your ankles to grip the bar, creating tension through your legs. Thrust your hips forward and tuck your pelvis to straighten your spine into a horizontal line, forming a rigid plank from shoulders to heels. For progression, bend one knee to release the foot from the upper rung, extending that leg skyward while maintaining the opposite foot's grip. Arch your upper back into a gentle backbend, lifting your chest slightly off the rung and rolling your shoulders open to deepen the curve. Keep your arms anchored wide, elbows soft but engaged, and use controlled breath to manage the balance.

This chest stand variation blends strength and flexibility, demanding precise weight distribution and active engagement of the legs, back, and shoulders. For advanced practitioners, experiment with releasing both feet into a full backbend or threading one arm overhead for dramatic lines.

Key Cues for Students

1. Begin with a Secure Double Knee Hang
 - Start with knees hooked securely on the middle rung.
 - Torso upright—hands gripping the apparatus, arms active.
 - Ensure shoulders stay down to avoid unnecessary tension in the neck or back.
 - Cue: Engage your core and shoulders—find a strong, centered position with the knees firmly anchored.
2. Lean Forward and Position the Chest
 - Begin a slow lean forward, unfolding the chest toward the lower rung.
 - Sternum should align centered on the bar—focus on precision as you move forward.
 - Rotate neck and head slightly outward (chin up, gaze downward) to prevent compression in the neck.
 - Cue: Let your chest fold toward the bar—keep your head lifted and relaxed to avoid neck strain.
3. Establish a Wide Base of Support
 - Extend both arms across the lower rung, pressing palms firmly into the bar for balance.
 - Keep elbows slightly bent, shoulder blades engaged to stabilize the torso.

- Cue: Palms pressed, elbows soft but strong—expand your chest and shoulders to open up the shape.
4. Shift Weight onto Chest & Hands
 - Gradually shift your weight onto your chest and arms, engaging upper back muscles and core to maintain balance.
 - Ensure your hips are elevated and aligned directly above the knees.
 - Cue: Keep your hips lifted and stacked over your knees, engage your core to avoid collapsing.
 5. Unhook Legs & Press Feet onto Upper Rung
 - Slowly release legs from the middle rung, extending them downward.
 - Press the tops of your feet against the next upper rung, flexing ankles to secure the grip.
 - Cue: Extend your legs downward and press the tops of your feet against the rung—create tension through your ankles.
 6. Form the Plank Line
 - Thrust hips forward and tuck the pelvis to straighten the spine.
 - Aim for a rigid horizontal line from shoulders to heels, maintaining strong core engagement.
 - Cue: Activate your core, squeeze your legs, and push through your heels to form a straight line from head to toe.
 7. Progression: Arch & Backbend
 - For progression, bend one knee to release the foot, then extend that leg skyward while keeping the other foot anchored.
 - Arch your upper back into a gentle backbend, lifting the chest slightly off the rung.
 - Shoulders should open, and the chest should lift off the bar, deepening the curve.
 - Cue: Lift the chest and soften through the lower back, creating an arch. Keep your arms wide and engage your core to stay balanced.
 8. Advanced Variation: Full Backbend or Arm Extension
 - For advanced students, release both feet for a complete backbend or thread one arm overhead for dramatic lines.
 - Keep the backbend controlled—avoid arching too aggressively to protect the spine.
 - Cue: For the backbend, engage your legs, chest, and core. Open your chest but keep your stability in check.

Key Spotting Points for Instructors

1. Knee Hang Setup
 - Ensure your knees are securely hooked on the middle rung before transitioning.
 - Check the upper body alignment—torso should be upright with engaged shoulders, not slouched.
2. Weight Transfer & Chest Position
 - Spot at the chest or shoulder blades to guide the student as they lean forward and position their chest on the bar.
 - Ensure the student keeps their head and neck relaxed, with no compression.
3. Arm Support
 - Spot the student's arms on the lower rung—ensure hands press firmly into the bar for stability.
 - Help maintain shoulder integrity by spotting the shoulder blades or upper back.
4. Leg Extension & Foot Placement
 - Watch the student's foot position on the upper rung to ensure proper placement of the feet.
 - Spot at the hips or ankles to help stabilize their legs during the transition.

5. Forming the Horizontal Line

- Help maintain alignment from shoulders to heels.
- Spot at the hips or lower back to ensure that the pelvis remains tucked, and the spine stays straight.

6. Progression to Backbend

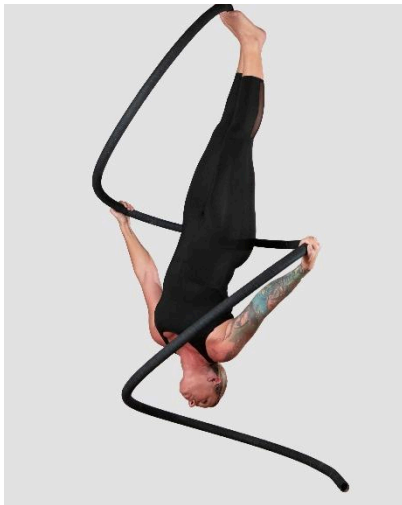
- If the student is progressing to a backbend, provide support by spotting at the hips or upper back to help them control the arch.
- Monitor the neck position—remind them to keep it neutral and avoid excessive strain.

7. Exit & Return to Safety

- To exit, assist by guiding the student back into a stable knee hook or upright position.
- If they feel unstable during the transition, gently support their core or hips to prevent falling or loss of control.

This chest stand variation combines core strength, flexibility, and spatial awareness, making it an impressive and challenging skill to teach. The key lies in the slow, controlled transition and maintaining a strong core connection throughout. Let me know when you're ready for the next one!

Class 4 of 4 Level 4 Advanced Spiral



Handstand center of spiral

To execute a handstand in the center of the spiral from a double knee hang, begin by anchoring your knees securely on a mid-level rung, torso upright, and hands gripping the apparatus for stability. Release your hands and lean forward, shifting your weight onto your knees as you reach both arms downward to grip the lowest rung of the spiral, palms placed shoulder-width apart on either side of the central axis. Engage your shoulders, pressing firmly into the rung to create a stable base, and tuck your chin slightly to align your head neutrally.

With control, kick or press your legs upward into a vertical handstand, driving through your core and shoulders to lift your hips and legs toward the apex of the spiral. As you invert, actively walk your feet along the ascending rungs of the spiral (if applicable) or extend them freely, aiming to align your toes with the highest point of the apparatus. Keep your body in a straight line from wrists to heels, squeezing your glutes and engaging your quads to maintain tension. Focus on centering your weight directly over your hands, using subtle adjustments in your fingertips and shoulders to balance. For safety, practice this near the ground initially or with a spotter. Exit by slowly lowering one leg at a time back to the rungs, bending your knees to rehook them, or rolling out of the inversion with control. This handstand variation demands shoulder strength, spatial awareness, and precise alignment to maintain the spiral's central axis while inverted.

External Batwing Hang

Tips for preparing for your spiral performance

1. **Conceptualization:** Start by brainstorming ideas for your aerial spiral performance. Consider themes, music, costumes, and overall aesthetics that you want to incorporate into your performance. Visualize how you want the aerial spiral to look and feel to the audience.
2. **Music Selection:** Choose a piece of music that complements the theme and mood of your performance. The music will set the tone and rhythm for your aerial routine, so select something that inspires you and enhances the overall experience.
3. **Skill Assessment:** Assess the skills and abilities of the aerialists who will be performing the spiral. Consider their strengths and weaknesses, as well as any specific moves or techniques they excel at. This will help you tailor the choreography to showcase their talents effectively.
4. **Choreography Development:** Develop a choreography that incorporates the aerial spiral into the routine. Experiment with different sequences of moves, transitions, and formations to create a dynamic and visually captivating performance. Pay attention to timing, spacing, and synchronization to ensure smooth transitions between elements.
5. **Safety Precautions:** Prioritize safety at all times. Ensure that the aerialists are properly trained and have the necessary equipment, such as safety harnesses and crash mats, in place. Perform thorough safety checks before each rehearsal and performance to minimize the risk of accidents or injuries.
6. **Costume Design:** Design costumes that not only complement the theme of the performance but also allow for freedom of movement and flexibility. Consider the practicalities of aerial maneuvers and choose fabrics that are lightweight, durable, and comfortable for the performers.
7. **Rehearsals:** Schedule regular rehearsals to fine-tune the choreography, perfect timing and execution, and address any technical challenges that arise. Encourage open communication between the aerialists and any other performers or crew members involved in the production.

8. Technical Setup: Coordinate with the technical team to ensure that the rigging and equipment are properly installed and maintained. Test the rigging and lighting elements to ensure they enhance the visual impact of the aerial spiral performance.

9. Dress Rehearsal: Conduct a dress rehearsal to simulate the performance conditions and iron out any last-minute issues. This is also an opportunity for the performers to get comfortable with the performance space and make any final adjustments to their routines.

10. Performance: Finally, it's time to showcase your aerial spiral performance to the audience. Focus on delivering a captivating and memorable experience, staying in sync with the music and each other, and expressing the emotions and themes of the performance through your movements.

By following these steps and putting in the necessary time, effort, and creativity, you can create a breathtaking aerial spiral performance that leaves a lasting impression on your audience.

Note:

- Regular practice, stretching, and conditioning is essential for progression.
- Safety precautions and proper warm-up routines should always be followed.
- Progression through levels depends on individual skill, strength, and flexibility.

This curriculum is a guide and can be adjusted based on the pace and needs of the students or the instructor's teaching style.

PAR-Q for Spiral Multilevel Series

Adapted for Progressive, Multidimensional Movement Training

Instructions: Answer "YES" or "NO" to the following questions. If you answer YES to any question, consult a healthcare provider before starting this program.

1. Heart/Circulation: Has a doctor ever said you have a heart condition or high blood pressure, or advised you to restrict physical activity?

- ☐ YES ☐ NO

2. Chest Pain: Do you feel pain in your chest during physical activity or at rest?

- ☐ YES ☐ NO

3. Dizziness/Loss of Balance: Have you ever experienced dizziness, fainting, or balance issues during exercise? *(Relevant for spiral/rotational movements.)

- ☐ YES ☐ NO

4. Joint/Muscle Issues: Do you have joint (e.g., spine, hips, shoulders) or muscle problems that could worsen with twisting, bending, or dynamic load?

- ☐ YES ☐ NO

5. Recent Surgery/Injury: Are you recovering from surgery, an injury, or a condition (e.g., hernia, disc issue) that may be aggravated by multidirectional movement?

- ☐ YES ☐ NO

6. Pregnancy/Postpartum: Are you pregnant or postpartum (within 6 months)? If yes, consult your OB/GYN before spiral training.

- ☐ YES ☐ NO

7. Other Concerns: Do you have any other medical reason to avoid exercise (e.g., diabetes, asthma, neurological condition)?

- ☐ YES ☐ NO

If all answers are NO, you're likely clear to begin the program. Start gradually and modify as needed.

If any answers are YES, seek medical advice before participation.

Notes for Spiral Multilevel Training:

- This PAR-Q emphasizes rotational stability, spinal mobility, and multidirectional load (common in spiral training).

- Always pair with a movement screen (e.g., overhead squat, single-leg balance) to assess readiness for complex patterns.

Glossary

1. Aerialist: A performer who performs tricks or routines in the air, typically using equipment such as aerial silks, trapeze, or hoops.
2. Aerial Silks: Also known as aerial fabric or aerial tissue, it consists of two long pieces of fabric suspended from the ceiling, which performers use to climb, wrap, and suspend themselves in the air.
3. Aerial Hoop: A circular steel apparatus suspended from the ceiling, also known as a lyra or aerial ring, used by aerialists to perform tricks and maneuvers.
4. Trapeze: An aerial apparatus consisting of a horizontal bar suspended by ropes or cables, used for acrobatic performances.
5. Static Trapeze: A trapeze that remains stationary during performances, allowing for various static poses and dynamic moves.
6. Flying Trapeze: A trapeze that swings freely, enabling aerialists to perform dynamic tricks and catches.
7. Catch: A maneuver in which one aerialist catches another performer mid-air, often on a flying trapeze.
8. Drop: A controlled descent or release from an aerial apparatus, often performed for dramatic effect.
9. Wrap: To entwine the body or limbs around an aerial apparatus, providing stability and support during aerial maneuvers.
10. Lock: A technique used to secure wraps or positions on an aerial apparatus, preventing slips or falls.
11. Inversion: A maneuver in which the body is turned upside down, commonly performed in aerial arts such as aerial silks and aerial hoop.

12. Beat: A rhythmic movement of the body or apparatus, typically used to gain momentum or transition between tricks.
 13. Splits: A position in which the legs are extended in opposite directions, often performed in aerial arts to create visually stunning shapes.
 14. Straddle: A position in which the legs are spread apart, commonly used in aerial arts for stability and balance.
 15. Roll-up: A technique used to ascend a vertical apparatus, such as aerial silks or rope, by rolling the body upward.
 16. Chalk: A powder applied to the hands or body to improve grip and reduce slipping while performing aerial maneuvers.
 17. Spotter: A trained individual responsible for ensuring the safety of aerialists during rehearsals and performances, often providing assistance or guidance as needed.
 18. Rigging: The system of ropes, cables, and hardware used to suspend aerial apparatuses from the ceiling or other structures, designed to ensure safety and stability.
 19. Back catch: A catch performed by a catcher positioned behind the flyer, typically used in flying trapeze acts.
 20. Aerial Dance: A form of artistic expression combining elements of dance and aerial acrobatics, often performed using aerial silks, hoops, or trapeze apparatuses.
 21. RELEVÉ Literally lifted. Rising from any position to balance on one or both feet on at least demi pointe which is heels off the floor or higher to full pointe where the dancer is actually balancing on the top of the toes, supported in pointe shoes.
 22. ROND DE JAMBE Literally circle of the leg. Actually, half-circles made by the pointed foot, returning through first position to repeat; creating the letter 'D' on the floor. From front to back Ronda DE jam be en dehors, or from back to front rond de jambe en dedans.
 23. DÉVELOPPÉ A common abbreviation for battement développé. A movement in which the leg is first lifted to passe' position, then fully extended passing through attitude position. It can be done in front (en avant), to the side (à la seconde), or to the back (derrière)
 24. PASSÉ Passe is a ballet movement in which the working leg passes the supporting leg, sliding close to the knee. Passe is sometimes confused with the ballet position retire, in which the toe of the working leg touches the knee of the supporting leg.
 25. STRADDLE Hips are open, and your legs are extended in an open V position.
 26. PIKE Knees are straight, and the body is bent at the waist creating an inverted V shape.
 27. OUTSIDE LEG When standing next to the pole, this is the leg furthest from the pole.
 28. INSIDE LEG When standing next to the pole, this is the leg closest from the pole.
 29. TUCK Resembles a ball with the knees bent and the legs pulled as close to the body as possible.
 30. KNEE PIT The crease behind the knee when in a flexed position.
 31. BARBIE FOOT The foot that bares minimal weight and is in plantar flexion to create a pointed toe, not a flexed foot.
- TOP RUNG
 BOTTOM RUNG
 INSIDE SIDE
 OUTSIDE SIDE
 TOP HAND
 BOTTOM HAND
 TOP LEG

BOTTOM LEG
SMILEY FACES
CLOCKWISE ROTATION
COUNTERCLOCKWISE ROTATION
ILLUSIONS GOING UP
ILLUSION GOING DOWN
ORBIT
VELOCITY

This glossary covers a wide range of terms commonly used in the world of aerial arts and performances, with additional terms that have become unique to the spiral apparatus.

Resources for Further Learning

1. Online Courses and Tutorials:

- Cirque Physio: Offers online courses and resources specifically tailored for aerialists, focusing on injury prevention, flexibility, and strength training.
- AerialDancing.com: Provides a variety of online tutorials and courses covering different aerial apparatuses such as silks, hoop, and trapeze.
- YouTube Channels: Look for channels like Aerial Amy, Aerial Physique, and Cirque Roots for free tutorials and tips.

2. Books:

- Aerial Dance by Jayne Bernasconi and Nancy E. Smith: Covers the history, techniques, and aesthetics of aerial dance.
- The Aerial Circus Training and Safety Manual by Carrie Heller: Offers comprehensive guidance on safety, rigging, and training techniques for aerialists.

3. Local Aerial Studios:

- Check for local aerial studios in your area. Many offer beginner to advanced classes in various aerial disciplines and provide personalized instruction and feedback.

4. Workshops and Intensives:

- Look for workshops and intensives hosted by experienced aerialists and instructors. These events often provide focused training on specific skills or techniques.

5. Online Communities:

- Join online forums and social media groups dedicated to aerial arts. These communities are great for sharing tips, asking questions, and connecting with other enthusiasts and professionals.

6. Professional Performances:

- Watching professional aerial performances can provide inspiration and insight into different styles and techniques. Look for performances by companies like Cirque du Soleil, 7 Fingers, or local aerial troupes.

Sample Training Plans

Week 1-2: Foundation Building

- Day 1: Warm-up (10 mins), core strengthening exercises (planks, leg lifts, Russian twists) - 3 sets of 10 reps each, aerial silks basic climbs and foot locks practice.
- Day 2: Warm-up (10 mins), upper body strength training (pull-ups, rows, push-ups) - 3 sets of 8-12 reps each, aerial hoop mounts and dismounts practice.
- Day 3: Rest or active recovery (gentle stretching, yoga, or foam rolling).
- Day 4: Warm-up (10 mins), flexibility training (hamstring stretches, shoulder stretches, splits) - hold each stretch for 30-60 seconds, aerial sling inversions and poses practice.
- Day 5: Warm-up (10 mins), full-body conditioning circuit (squats, lunges, kettlebell swings) - 3 sets of 10-15 reps each, aerial rope climbs and descents practice.
- Day 6: Rest or active recovery.
- Day 7: Rest or active recovery.

Week 3-4: Skill Refinement

- Day 1: Warm-up (10 mins), aerial silks foot lock variations and drops practice.
- Day 2: Warm-up (10 mins), aerial hoop poses sequence practice.
- Day 3: Rest or active recovery.
- Day 4: Warm-up (10 mins), aerial sling rolls and transitions practice.
- Day 5: Warm-up (10 mins), aerial rope wraps and drops practice.
- Day 6: Rest or active recovery.
- Day 7: Rest or active recovery.

Week 5-6: Skill Advancement

- Day 1: Warm-up (10 mins), aerial silks choreography or sequences practice.
- Day 2: Warm-up (10 mins), aerial hoop dynamic movements and spins practice.
- Day 3: Rest or active recovery.
- Day 4: Warm-up (10 mins), aerial sling drops and flips practice.
- Day 5: Warm-up (10 mins), aerial rope dynamic climbs and poses practice.
- Day 6: Rest or active recovery.
- Day 7: Rest or active recovery.

Week 7-8: Performance Preparation

- Day 1: Warm-up (10 mins), full run-through of aerial routine(s) with focus on fluidity and expression.
- Day 2: Warm-up (10 mins), dress rehearsal of aerial routine(s) with costume and music.
- Day 3: Rest or active recovery.
- Day 4: Light warm-up (5-10 mins), final tweaks and adjustments to routine(s).
- Day 5: Rest.
- Day 6: Rest.
- Day 7: Performance Day!

Adjust the intensity and volume of the exercises based on your current fitness level and goals and always listen to your body to prevent overtraining and injuries. Additionally, consider seeking guidance from a certified aerial arts instructor for personalized feedback and safety tips.

Sample Workouts for Aerial Arts

Strength and Conditioning:

- Warm up: 10 minutes of light cardio (jumping jacks, jogging in place)
- Core exercises: Planks, Russian twists, leg raises (3 sets of 10 reps each)
- Upper body: Push-ups, pull-ups, shoulder presses (3 sets of 8-12 reps each)
- Lower body: Squats, lunges, calf raises (3 sets of 10-15 reps each)
- Aerial-specific exercises: Practice grip strength with hangs or pull-ups on an overhead bar or aerial apparatus.

2. Flexibility and Mobility:

- Warm up: 10 minutes of dynamic stretching (arm circles, leg swings)
- Flexibility exercises: Shoulder stretches, hamstring stretches, splits (hold each stretch for 30-60 seconds)
- Mobility exercises: Arm circles, wrist circles, hip circles (3 sets of 10 reps each)
- Aerial-specific stretches: Focus on areas commonly used in aerial arts such as shoulders, back, hips, and hamstrings.

3. Skill Development:

- Practice aerial techniques: Work on specific moves or sequences on the apparatus of your choice (silks, lyra, trapeze).
- Drill transitions: Focus on smooth transitions between different poses or moves.
- Spotting or partner work: If available, work with a spotter or partner to refine technique and build confidence in more challenging moves.

Remember to always prioritize safety and listen to your body. It's essential to progress gradually and avoid overexertion to prevent injuries. Additionally, consider consulting with a certified aerial arts instructor for personalized guidance and supervision.

Troubleshooting Common Challenges

1. **Strength Building:** Many beginners struggle with building the necessary upper body, core, and grip strength. To address this, incorporate strength training exercises like pull-ups, push-ups, planks, and grip exercises into your routine.

2. **Flexibility:** Aerial arts require a good deal of flexibility, which can be challenging for some. Regular stretching and yoga can help improve flexibility over time. Focus on areas such as hamstrings, shoulders, back, and hips.

3. **Fear of Heights:** Fear of being suspended high above the ground is common. Start low to the ground and gradually work your way up as you build confidence. Focus on proper safety techniques and trust in the equipment.
4. **Coordination:** Aerial arts involve complex movements that require coordination between different body parts. Break down moves into smaller components and practice them separately before combining them into full movement.
5. **Body Awareness:** Understanding how your body moves in space can be difficult at first. Practice body awareness exercises both on and off the apparatus, such as proprioception drills and mirror exercises.
6. **Patience and Persistence:** Progress in aerial arts takes time and dedication. Be patient with yourself and celebrate small victories along the way. Consistent practice is key to improvement.
7. **Injuries:** Aerial arts can be physically demanding and may lead to injuries if not approached carefully. Listen to your body, warm up properly before each session, and seek guidance from qualified instructors to prevent injuries.
8. **Frustration:** It's normal to feel frustrated when learning new skills, especially when progress feels slow. Stay positive and remember that everyone progresses at their own pace. Set realistic goals and focus on enjoying the learning process.
9. **Mental Blocks:** Fear and self-doubt can hinder progress. Visualize success, practice positive self-talk, and break tasks down into manageable steps to overcome mental blocks.
10. **Finding the Right Equipment:** Access to suitable equipment can be a challenge, especially for those learning outside of a dedicated aerial studio. Research reputable suppliers or consider joining a studio that provides equipment for practice.

Conclusion

In conclusion, the Aerial Spiral curriculum offers a dynamic and comprehensive approach to aerial arts training, fostering both technical proficiency and artistic expression. With its progressive structure and emphasis on safety, creativity, and growth, this manual provides a valuable resource for instructors and students alike, guiding them on an inspiring journey through the captivating world of aerial performance.

Reflecting on the Journey

As I reflect on my 20+ years journey in Aerial arts, I am overwhelmed with gratitude for the incredible experiences and growth it has brought me. From my first tentative steps into the studio to the exhilarating moments of mastering challenging maneuvers high above the ground, each day has been a testament to dedication, perseverance, and the boundless possibilities of the human spirit.

In those early days, I was filled with both excitement and trepidation, unsure of what lay ahead but eager to explore this captivating art form. As I learned to trust my body and embrace the unknown, I discovered a profound sense of freedom and empowerment. With each new skill

mastered and each graceful performance, I found myself breaking through self-imposed limitations and reaching new heights, both literally and figuratively.

Yet, beyond the physical prowess gained, Aerial arts have taught me invaluable lessons about resilience, patience, and the importance of community. Through countless hours of practice and the inevitable setbacks along the way, I have learned to embrace failure as a steppingstone to success and to approach challenges with a spirit of curiosity and determination.

Moreover, the bonds forged with fellow artists and instructors have enriched my journey immeasurably, providing unwavering support, inspiration, and camaraderie. Together, we have celebrated victories, weathered setbacks, and shared in the joy of creation, creating memories that will last a lifetime.

As I look back on two decades of growth and transformation, I am filled with a profound sense of gratitude for the countless gifts Aerial arts has bestowed upon me. It has been a journey of self-discovery, resilience, and boundless creativity, and I am endlessly thankful for every moment spent soaring through the air and reaching for the stars. Here's to the next 20 years of adventure, growth, and the unbridled joy of flight.

Encouragement for Continued Growth

Your commitment to mastering this beautiful art form is evident in every performance, and it's clear that you pour your heart and soul into your practice.

I understand that pursuing aerial arts can be both physically and mentally challenging at times. There may be moments when you feel discouraged or frustrated, but I want you to know that those moments are all part of the journey. Every stumble and setback are an opportunity for growth and learning. Remember, it's not about being perfect; it's about progress and pushing yourself beyond your limits.

Your journey in aerial arts is not just about mastering new moves or perfecting your technique; it's also about self-discovery and personal growth. Through this art form, you have the chance to explore your strengths, overcome your fears, and tap into your creativity in ways you never thought possible. Embrace every step of the journey, both the highs and the lows, because each experience will shape you into the incredible aerialist you are destined to become.

Always remember that you are part of a supportive community of fellow aerialists who are cheering you on every step of the way. Lean on them for support, guidance, and encouragement whenever you need it. We are all here to lift each other up and help each other succeed.

So, keep reaching for the stars, keep pushing the boundaries of what you thought was possible, and never lose sight of your dreams. Your journey in aerial arts is just beginning, and I can't wait to see where it takes you.

Final Thoughts and Acknowledgments

As we conclude this Aerial Spiral Curriculum Manual, it's essential to reflect on the journey we've embarked upon and express gratitude to all those who contributed to its creation and refinement. The aerial arts are a beautiful fusion of athleticism, grace, and creativity, and this curriculum aims to cultivate not only skill but also a profound appreciation for the art form.

Throughout these pages, we have delved into various aspects of aerial techniques, safety protocols, teaching methodologies, and artistic expression. From the fundamental foundations to the intricate choreography, each section has been meticulously crafted to provide a comprehensive learning experience for students and instructors alike.

None of this would have been possible without the dedication, expertise, and passion of numerous individuals. Firstly, heartfelt thanks to the visionary leaders and pioneers in the aerial community whose groundbreaking work paved the way for this curriculum. Your contributions have inspired generations of aerialists and educators.

We extend our deepest appreciation to the team of instructors, coaches, and practitioners who generously shared their insights, expertise, and feedback during the development of this manual. Your invaluable input has enriched the content and ensured its relevance and effectiveness in various teaching environments.

Special gratitude is also extended to the organizations, studios, and facilities that have supported the growth and dissemination of aerial arts education. Your commitment to fostering a vibrant and inclusive community has been instrumental in advancing the art form and providing opportunities for students to thrive.

To the students who embark on this journey, may you find joy in every ascent, strength in every challenge, and inspiration in every movement. Your dedication to mastering the aerial arts is a testament to the transformative power of perseverance and passion.

Finally, to anyone who picks up this manual, may it serve as a guiding light on your aerial journey, igniting your curiosity, fueling your creativity, and empowering you to soar to new heights.

With profound gratitude and boundless enthusiasm, we invite you to embrace the aerial spiral curriculum and embark on a journey of exploration, growth, and self-discovery.

Happy flying!

Lacy Kelly
The Aerial Illusions Company