



Silks Syllabus

All Levels

Warm-up & Conditioning

Full-body warm-up should address all major muscle groups. Aerial-specific conditioning includes arms, shoulders, back & core: planks with variations (walking in and out, rocking, one arm, etc), downward dog with variations (3 legged dog, shoulder shrugs, bear walks), abdominal exercises, hollow body technique (plank, V-sit, standing and hanging), theraband exercises for stretching AND strengthening.

Terminology

Pole / Live End

Tail / Dead End

IS vs. OS

Crochet

Straddle Back

Threading / Weaving

Lock vs Wrap

Silks I

Using the Knot

Straddle-up (conditioning), straddle back, inverted pigeons, crochet feet, flying straddle, roll-down variations and drops from flying straddle.

Standing on the knot can accomplish standing arches, side leans, candy cane, arabesque and some inversions with the safety of the knot below the student and without the complexity of creating a lock (for young kids).

Climbing

French Climb - master each side then alternating feet

Russian Climb – master each side then alternating feet

Twisty Climb

Skills

Wrist locks –invert securely, explore tuck, pike, candlestick, split. Add spin & swing.

Foot locks –single and split fabric in the air

Single foot lock: standing arches forward & back, side balance, candy cane, arabesque, 4s, side split

Split fabric foot lock(s): splits, crescent, back loop, Rebecca split

Hip Key –Fan kick from floor, Russian entry in the air

Inverted single stag – wrap tail over legs, invert to hook inside leg on the pole

Thigh Hitch – Russian Entry, transition to hip key, Thigh hitch chair

Silks II

Using the Pole

Shoulder shrugs

Beats: bell, pike, flares, front/back leg beats on the knot

Climbing

French Variations: ballerina, bicycle, pointed vs. flexed feat

Russian Variations: pike w/body roll, big russian, russian twisty, russian

Ball, split fabric Russian roll-up

Flamenco

Inverted: OS leg, IS leg, 2-knee hook SS & frog, somersault

Decorative: Cash, Tear-Drop

Skills

Dancer's Lock

Triple Leg wraps – splits & half monty

Ankle Hangs – double & single

Bow & Arrow on single fabric, add slide to roll-over on split fabric

Fan-kick Hip Key – repel

Hip-Key / Thigh Hitch descent

Leg threading

S-Wrap

Belay knot

Drops

Gum Drop

Waterfall
Dive from straddle back
Pull-Over Dive from thigh hitch chair
Single and double star-drop
Sun-drop
Bull-Whip or Cartwheel
Pantalones

Silks III

Using the Pole

Beats: straddle beats, hip key flare beats, beat combos

Climbing

Hip Key
Inverted – double-knee to single leg sweep
Cupid
Mermaid
Bicep
Monkey

Skills

Hip Key roll-up (360 / C-Curve)
Splits Balance

Drops

Helicopter
Frog Drop
Double S-Wrap
Pencil Drop
Ankle Drop
Hip Key – Crochet Drop / CEO Drop
Back somersault (Russian Belt)
The Glitch
Straddle-back from pole-sit
Back Salto