



## **CLIMBS AND DESCENTS COURSE DESCRIPTION**

Climbing is a fundamental skill within aerial silks; it allows for an extra dimension to be displayed within performance and skill-based execution. This course will build on the foundations of climbing technique and provide you with a range of more varied ways to descend the fabric.

## **COURSE MOVES**

### **FOUNDATION CLIMBS - RECAP**

- French Stand and French Climb
- Russian Stand and Russian Climb
- Footlock Climb

### **DESCENTS**

- Hand-to-Hand Descent
- Inchworm descent
- Relaxed Descent
- Round-the-Back Descent
- Relaxed Catchers Descent
- Footlock Descent
- Arms-Only Descent
- Ninja Slide
- Squeeze Descent

### **CLASSIC CLIMB VARIATIONS**

- French Fancy
- Flirty Russian
- Mermaid Climb
- Candycane Climb
- Tension Lock Climb
- Bicycle Climb
- Russian Bicycle Climb
- Arabesque Climb
- Sous-Sus Climb

### **INVERTED CLIMBS**

- Straddle Climb
- Crochet Climb
- Double Hocks Climb
- Hiplock Climb
- Tourniquet Climb
- Cash Climb
- Peter Pan Climb
- Sling Climb
- Criss-Cross Climb
- Can-Can Climb

### **ADVANCED CLIMBS**

- Arms-Only Climb
- Squeeze Climb
- Somersault to Double Hocks
- Toe Climb
- Partner Climb (Crochet Leg Stand)



## COURSE UNITS

- Unit 1: Introduction to Climbs
- Unit 2: Climbs and Descents
- Unit 3: Climbing Combinations Combinations
- Unit 4: Strength and Conditioning Drills
- Unit 5: Health and Safety

## COURSE REQUIREMENTS AND PRE-REQUISITES

### You will need:

- to hold a Spin City Foundation Aerial Silks Instructor Course certificate, or equivalent certificate
- access to the internet via a PC, laptop, or mobile device
- access to at least 1 set of aerial silks
- a minimum of 2 hours' study/training time per week (to complete the course within the 1-year deadline)
- a device to film videos on (mobile phones are allowed)

## COURSE ASSESSMENT

This course has two main parts to the assessment; a theory assessment and a practical assessment.

Theory Assessment	Practical Assessment
Answer theory questions related to each unit of the course. Questions are multiple choice, or short answers.	<b>Part 1: Combination of Moves.</b> Film two separate combinations of different climbs and descents. <b>Part 2: Core Moves Technique and Execution.</b> Film each of the core course moves (see next page for details).

You will have 1 year from the date you are enrolled onto the course to complete the online study and assessment.

Available online only, see [www.spincityinstructortraining.com](http://www.spincityinstructortraining.com) for pricing.



## **CORE MOVES**

*Compulsory moves required for technical assessment*

1. Candycane Climb
2. Bicycle Climb
3. Straddle Climb
4. Crochet Climb
5. Double Hocks Climb

For the technical assessment, you'll need to film yourself performing each of the core course moves listed above.

### ***What is expected?***

- Demonstrations should show safe and correct technique for the level of the course.
- The video for each climb should start and finish at the floor.
- Demonstrate a minimum of two repetitions of the climb in each video.

Questions about the course? Email [spincitymentor@gmail.com](mailto:spincitymentor@gmail.com)