

## FOOTLOCKS MODULE 1 COURSE DESCRIPTION

Footlock skills are often a level up from hitch skills, requiring the student to develop their balance and coordination on fabric, to increase their grip strength and tolerance in fabric wraps. This instalment (Module 1) will cover all the basics, along with simpler, more supportive footlock wraps.

## COURSE MOVES

<b>INTRODUCTION TO FOOTLOCK WORK</b>	
<ul style="list-style-type: none"> <li>- Figure 8 Footlock</li> <li>- Aerial Dance Footlock</li> </ul>	
<b>SINGLE FOOTLOCK SKILLS</b>	
<ul style="list-style-type: none"> <li>- Standing Balance</li> <li>- Hip Lean (seated and standing)</li> <li>- Splits Away</li> <li>- Cabot Circus</li> <li>- Crucifix Splits</li> <li>- Layback Splits</li> <li>- Bow and Arrow</li> </ul>	<ul style="list-style-type: none"> <li>- Clothesline</li> <li>- Standing Arabesque</li> <li>- Stag Arabesque</li> <li>- Arabesque Splits Out</li> <li>- Arabesque Pike Fold</li> <li>- Arabesque to Leana</li> <li>- Single Footlock Roll Ups</li> </ul>
<b>SINGLE FOOTLOCK SKILLS – SPLIT SILKS</b>	
<ul style="list-style-type: none"> <li>- Round the Back Hold                             <ul style="list-style-type: none"> <li>o Mermaid</li> <li>o Angel</li> <li>o Arabesque</li> <li>o Go To Bed</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Nina's Trick                             <ul style="list-style-type: none"> <li>o Nina's Trick Gazelle</li> <li>o Flamingo</li> <li>o Seahorse</li> <li>o Rebecca Split</li> <li>o Starfish</li> </ul> </li> </ul>
<b>DOUBLE FOOTLOCK SKILLS</b>	
<ul style="list-style-type: none"> <li>- Standing Balance</li> <li>- Double Footlock Splits</li> <li>- Beaman Sit</li> </ul>	<ul style="list-style-type: none"> <li>- Double Footlock Roll Up</li> <li>- Parachute</li> <li>- Eiffel Tower</li> <li>- Mermaid Seat</li> </ul>



## COURSE UNITS

Unit 1: Introduction to Footlocks

Unit 2: Footlock Skills

Unit 3: Combinations and Conditioning

Unit 4: Footlock Work Within Aerial Silks

Unit 5: Footlock 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 a continuous combination of 5 moves from the course syllabus. <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. Standing Hip Lean
2. Clothesline
3. Standing Arabesque
4. Mermaid
5. Nina's Trick Gazelle
6. Double Footlock Splits
7. Footlock Roll Up (Single or Double Footlock)

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 entry and exit to the move must be seen in each move video.
- Each move should be held for a minimum of 3 seconds (unless the move is dynamic).

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