



## FOUNDATION AERIAL SILKS INSTRUCTOR COURSE DESCRIPTION

The Spin City Foundation Aerial Silks Instructor Course will cover foundational skills in aerial silks; these are the building blocks that all other wraps, moves and skills are built upon. In this course you will find hitch work and footlocks, climbs and basic inverts, and finally progression skills from Hiplock to Cross Back Straddle. This course will provide you with every aspect you need to start teaching confident and effective aerial silks classes for adults in your community.

## COURSE MOVES

### HITCH MOVES

- Tying a hitch
- Standing on the hitch
- Sitting on the hitch
- Moth/Butterfly

- Cocoon
- Cabot Circus Pose
- Layback Splits
- Crucifix Splits

### INVERTED HITCH MOVES

- Straddle in hitch
- Gazelle in hitch
- Hiplock in hitch
- Goddess in hitch

### FIGURE 8 FOOTLOCKS

- Figure 8 Footlock (single foot, single silk) on floor and in air
- Figure 8 Footlock (double foot, double silk) on floor and in air
- Standing Hip Lean

### AERIAL DANCE FOOTLOCKS

- Aerial Dance Footlock (single foot, single silk) on floor and in air
- Aerial Dance Footlock (double foot, double silk) on floor and in air

## FOUNDATION CLIMBS

- Basic Stand French
- Basic Stand Russian
- French Climb (with descent)
- Russian Climb (with descent)
- Footlock Climb

## FOUNDATION MOVES

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| <ul style="list-style-type: none"> <li>- Basic Stand French</li> <li>- Basic Stand Russian</li> <li>- French Climb (with descent)</li> <li>- Russian Climb (with descent)</li> <li>- Footlock Climb</li> </ul> | <ul style="list-style-type: none"> <li>- Straddle Invert</li> <li>- Split Silk Inverts</li> <li>- Single Crochet and Double Crochet</li> <li>- Double Crochet-Double Crucifix</li> <li>- Inside and Outside Knee Hook</li> <li>- Cross Back Straddle</li> <li>- Hiplock</li> <li>- Catchers</li> </ul> |
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## COURSE UNITS

Unit 1: Warm Ups and Cool Downs

Unit 2: Foundation Aerial Silks Moves

Unit 3: Teaching and Coaching

Unit 4: Choreography

Unit 5: Class Planning

Unit 6: Health and Safety

## COURSE REQUIREMENTS AND PRE-REQUISITES

### You will need:

- a minimum of 1 years' aerial silks experience (recommended)
- 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)
- at least 1 student for the teaching assessment
- basic first aid and anatomy knowledge is also recommended

## 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.	<p><b>Part 1: Class Introduction.</b> Film an introduction to a typical aerial class, as outlined in the course.</p> <p><b>Part 2: Warm Up.</b> Film a warm up, as outlined in the course.</p> <p><b>Part 3: Teaching Moves.</b> Teach 3 individual moves from the course to at least 1 student.</p> <p><b>Part 4: Combination of Moves.</b> Film a combination of 5 moves from the course syllabus.</p> <p><b>Part 5: Cool Down.</b> Film a cool down, as outlined in the course.</p>

Available online and face-to-face, see [www.spincityinstructortraining.com](http://www.spincityinstructortraining.com) for pricing.

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