



## **GROUNDING HOOP COURSE DESCRIPTION**

The Spin City Grounding Hoop Instructor Course will teach you how to effectively use your aerial hoop at a low height to support and adapt existing moves and will expand your repertoire to include a range of low height- specific techniques.

## **COURSE MOVES**

### **BASIC GROUNDING HOOP MOVES**

- Arm Windmill
- Foot Folds
- Straddle turns
- Barrel Roll
- Cobra Roll
- Elbow Sweep
- Stag Turns
- Walking on the Moon
- Splits Away Turn
- Straddle Catch
- Backwards Roll from Hocks
- Single Hocks Roll Around
- Double Hocks Roll Around
- Back Balance Somersault
- Forwards Somersault
- Corkscrew

### **GROUNDING HOOP STATIC POSES**

- Cross Knee Seat
- Elbow Seats
- Kneeling Bow and Arrow
- Kneeling Single Leg Cradle
- Kneeling Open Delilah
- Side Lunge
- Amazon Standing Split
- Crucifix Layback
- Floor Straddle



## **COURSE UNITS**

- Unit 1: Introduction to Grounded Hoop
- Unit 2: Basic Grounded Hoop Moves
- Unit 3: Adapting Moves to Grounded Height
- Unit 4: Grounded Hoop Class Planning
- Unit 5: Grounded Hoop Choreography
- Unit 6: Grounded Hoop Health and Safety

## **COURSE REQUIREMENTS AND PRE-REQUISITES**

### **You will need:**

- to hold a Spin City Beginners Aerial Hoop Instructor Course certificate, or equivalent certificate
- access to the internet via a PC, laptop, or mobile device
- access to at least 1 aerial hoop that can be rigged 70cm-120cm from the ground
- 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 short video to show your technical ability.

Theory Assessment	Practical Assessment
Answer theory questions related to each unit of the course. Questions are multiple choice, or short answers.	Film yourself performing a continuous combination of 5 moves from the grounded hoop course.

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.

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