

WORKING IN THE HITCH COURSE DESCRIPTION

Hitch skills are a fundamental building block for the practice of aerial silks and a great way to introduce beginners to this discipline. This Instructor Workshop will provide you with a fresh selection of moves that use the hitch knot to develop your aerial silks syllabus.

COURSE MOVES

INTRODUCTION TO HITCH WORK

- Tying a hitch
- Tying a hitch with your feet
- Straddle in the hitch

HITCH MOVES

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|---|----------------------------|
| - Pull Over to Front Balance | - The Fan |
| - Single Leg Thread Through | - Coffin |
| - Sitting to Front Balance | - Lotus and Inverted Lotus |
| - Pull Over to Double and Single Hocks | - T-Stand |
| - Crucifix Mount to Double and Single Hocks | - Leana |
| - Moth | - Cradle |
| - Butterfly | - Single Leg Cradle |
| - Triangle Pose | - Mermaid |
| - Side Sail | - Angel |
| - Figurehead | - Reverse Angel |
| - Bow and Arrow | - Arabesque |
| - Extreme Bow and Arrow | - Crucifix |
| - Seated Bow Pose | - Inside Star |
| - Open Bow Pose | - Outside Star |

DYNAMIC MOVEMENT

- Roll to Cocoon
- Roll to Angel
- Thread the Needle Descent
- Straddle Tip to Crucifix
- Invert and Slide into Loop
- Reverse Salto with Assisted Planche
- Forwards Salto from Gazelle



COURSE UNITS

- Unit 1: Introduction to Hitch Work
- Unit 2: Hitch Skills
- Unit 3: Combinations and Conditioning
- Unit 4: Hitch Work Within Aerial Silks
- Unit 5: Hitch 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.	Part 1: Combination of Moves. Film a continuous combination of 5 moves from the course syllabus. Part 2: Core Moves Technique and Execution. 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 for pricing.



CORE MOVES

Compulsory moves required for technical assessment

1. Straddle in the hitch
2. Moth
3. Bow and Arrow (forwards)
4. Bow and Arrow (backwards)
5. Coffin (Hands on)
6. Straddle tip to Crucifix

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