



AERIAL SLING INTERMEDIATE INSTRUCTOR

Course description

The Spin City Aerial Sling Intermediate Instructor course focuses on developing the basic skills taught at the beginners' level while adding on the next block of moves in the Spin City syllabus, including an introduction to mounts into a higher sling, key wraps such as seatbelt and arabesque, and more complex dynamics. We will discuss class planning in the context of progress chains and how you can use combinations and sequences to challenge your students, avoid plateaus and ensure safe progression.

COURSE UNITS

1. Introduction to intermediate aerial sling instruction
2. Progressive teaching and coaching
3. Health and safety at intermediate level
4. Intermediate sling mounts and poses
5. Intermediate sling progression skills
6. Intermediate dynamic movement
7. Stamina and endurance for intermediate sling
8. Intermediate strength, conditioning and flexibility

All moves in this course are demonstrated on a sling rigged to a single point.

COURSE REQUIREMENTS AND PRE-REQUISITES

You will need:

- To meet the minimum age requirement of 18 years or older.
- To hold a Spin City Aerial Sling Beginners Instructor Course certificate, or equivalent certificate.
- A minimum of 2 years' aerial sling experience (recommended).
- Access to the internet via a PC, laptop, or mobile device.
- Access to at least 1 aerial sling safely rigged in an appropriate training environment.
- A minimum of 2 hours' study/training time per week (recommended for online learners to complete the course within the 1-year deadline).
- A device to film videos on (mobile phones are allowed).
- At least 1 student of a suitable ability level for the teaching assessment (aged 18 or older).

Please note: Spin City courses are designed to certify you to teach adult participants over the age of 18.

Available online and face-to-face, see www.spincityinstructortraining.com for pricing.

Questions about the course? Email spincitymentor@gmail.com

COURSE MOVES

Course syllabus

INTERMEDIATE SLING MOUNTS	INTERMEDIATE BASIC POSES
---------------------------	--------------------------

- | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> - Pull over to front balance - Pull over to open fabric basic seat - Straddle - from basic seat, via crucifix - Sword stand - Straddle - above the loop from basic stand | <ul style="list-style-type: none"> - Vampire - Thigh wrap <ul style="list-style-type: none"> o from straddle o from horse - Front balance – from basic seat - Catchers - Quick arabesque - Leana – open fabric |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

INTERMEDIATE PROGRESSION SKILLS

- | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> - Back arabesque - Front arabesque - Seahorse - Spiral splits - Crossback <ul style="list-style-type: none"> o closed fabric o open fabric - Calf wrap | <ul style="list-style-type: none"> - Shin wrap - Goddess - open fabric - Rebecca splits - Double goddess - Seatbelt <ul style="list-style-type: none"> o from catchers o from horse - Knee corset |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

INTERMEIDATE DYNAMIC MOVEMENT

- | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> - Thigh wrap to single leg cradle - Single leg roll up - closed fabric - Thigh wrap roll up - Single leg roll up - open fabric - Reverse single leg roll up - open fabric | <ul style="list-style-type: none"> - Full body roll up – open fabric - Hiplock half drop - Salto - open fabric - Cartwheel salto - Basic slack drop |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

COURSE ASSESSMENT

Assessment requirements

This course has two main parts to the assessment; a theory assessment and a practical assessment. Upon successful completion you will receive a certificate in intermediate aerial sling instruction.

THEORY ASSESSMENT

Answer theory questions related to each unit of the course. Questions are multiple choice, or short answers.

PRACTICAL ASSESSMENT

- **Practical demonstration.** Perform a continuous sequence of five moves from the intermediate sling syllabus.
- **Teaching demonstration.** Teach three individual moves (one each from units 4, 5 & 6) to at least one student of a suitable ability level.
- **Core moves technique and execution.** Perform each of the core course moves.

CORE MOVES

Compulsory moves required for technical assessment

- Pull over to front balance (closed fabric)
- Straddle from basic seat, via crucifix
- Thigh wrap (either entry)
- Crossback (closed fabric)
- Seatbelt (either entry)
- Knee corset
- A closed fabric roll
- An open fabric roll
- A drop

What is expected?

For the technical assessment, you'll need to be able to perform each of the core course moves listed above. Demonstrations should show safe and correct technique for the level of the course and each move should be held for a minimum of 3 seconds (unless the move is dynamic). Transitions should be clean, within minimal grip changes and repositioning.