

AERIAL SILKS INTERMEIDATE INSTRUCTOR COURSE

Technical assessment information and marking criteria

Core moves technique and execution. Perform each of the core course 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 do I need to include?	What you are being assessed on:
Technique should be safe and correct for the level of the course.	Demonstration of good technique in all moves and transitions, as outlined in the course.
Entry and exit used must be suitable for the level of the course.	Use of level-appropriate entries to and exits from moves.
Static moves: full version of the move held for a minimum of 3 seconds.	Secure hold in final position with strong lines and good extension of limbs, where applicable.
Dynamic moves and transitions: clean execution, transitioning with control from a strong starting position to a secure finish position.	Clean transitions and control throughout dynamic movement.

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.

The technical assessment will be submitted in three parts - at the end of each unit relating to the moves being assessed. You can find the full marking criteria for each move below.

UNIT 4: INTERMEDIATE MOUNTS AND POSES

PULL OVER TO FRONT BALANCE – technique requirements:

- Clean tuck over the sling loop (no toe contact with the posts).
- Hands off the sling for 3 seconds.
- Heels, chest and head lifted.
- Level-appropriate exit demonstrated (roll to seat/horse or roll out to standing).

STRADDLE FROM BASIC SEAT, VIA CRUCIFIX – technique requirements:

- Controlled slide to crucifix.
- Sling loop positioned below the shoulder blades.
- Lifted invert to straddle (no beating or toe contact with the posts).
- Clean dismount to the floor.

THIGH WRAP – technique requirements:

- From straddle or horse. *Your choice of entries, only one required.*
- Wrap midway up the thigh.
- Wrapped leg approximately in line with hip.
- Chest lifted and between the posts.
- Level-appropriate exit demonstrated.

UNIT 5: INTERMEDIATE SLING PROGRESSION SKILLS

CROSSBACK (CLOSED FABRIC) – technique requirements:

- Clean level-appropriate entry to front arabesque.
- Controlled roll to crossback, foot in the sling loop and leg straight throughout.
- Cross above the hips, in the lower back.
- Level-appropriate exit demonstrated.

SEATBELT – technique requirements:

- From catchers or horse. *Your choice of entries, only one required.*
- Catchers: sling loop stays high on the thighs when reaching above knees.
- Horse: clean pull over the cross (no toe contact with posts).
- Torso close to posts.
- Wraps at the top of the thighs.
- Level-appropriate dismount demonstrated.

KNEE CORSET – technique requirements:

- Clean level-appropriate entry from the course.
- Sling loop over the thigh, not over the knee.
- Hands off the sling for 3 seconds with body off the ground.
- Level-appropriate dismount demonstrated.

UNIT 6: INTERMEDIATE DYNAMICS

A CLOSED FABRIC ROLL – technique requirements:

- Thigh wrap roll to single leg cradle, single leg roll up, or thigh wrap roll up. Note option chosen. *Your choice from the list, only one required.*
- Level-appropriate entry to start position.
- Controlled and smooth rotation, completing two rolls (depending on option chosen).
- Clear finishing position.
- Single leg roll up/thigh wrap roll up: controlled roll down.
- Level-appropriate dismount demonstrated.

AN OPEN FABRIC ROLL – technique requirements:

- Single leg roll up, reverse single leg roll up or full body roll up. *Your choice from the list, only one required.*
- Controlled and smooth rotation, completing at least one roll.
- One or both feet fully covered by fabric (depending on option chosen).
- Clear finishing position.
- Controlled roll down and dismount back to open fabric basic seat.

A DROP – technique requirements:

- Hiplock half drop, open fabric salto, cartwheel salto, basic slack drop. *Your choice from the list, only one required.*
- Clean level-appropriate entry to start position.
- Drop action is controlled with body tension maintained throughout.
- Safe landing in the finishing position.
- Level-appropriate dismount demonstrated.