

Aerial Silks Level 2 Test Checklist

Check off everything you can do. When you check them ALL, schedule your test!

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| <p>Strength / Conditioning</p> <ul style="list-style-type: none"><input type="checkbox"/> 5 Hollow Body Push Ups<input type="checkbox"/> 5 Ball V Planks<input type="checkbox"/> 10-sec Strong Hold<input type="checkbox"/> 5 Pullups<input type="checkbox"/> Standard Climb - 1 side, instructor's choice, 15ft minimum<input type="checkbox"/> Russian Climb - 1 side, instructor's choice, 15ft minimum | <p>Footlocks / Slipknot</p> <ul style="list-style-type: none"><input type="checkbox"/> Single Footlock to Arabesque - 1 side, instructor's choice of figure 8 or dancer<input type="checkbox"/> Half-Moon Roll Up<input type="checkbox"/> Rebecca Split or Flamingo<input type="checkbox"/> Double Footlocks - figure 8 or dancer<input type="checkbox"/> Split Roll Up or Even Split Roll<input type="checkbox"/> Superman Dive |
| <p>Inversions</p> <ul style="list-style-type: none"><input type="checkbox"/> Crochet Crawl Down<input type="checkbox"/> Single Star Drop<input type="checkbox"/> Basic Dive<input type="checkbox"/> Half Monty<input type="checkbox"/> Scorpion to Peter Pan | <p>Technique</p> <ul style="list-style-type: none"><input type="checkbox"/> Pike Around or Tuck Around<input type="checkbox"/> Split Roll or Front Roll<input type="checkbox"/> Tuck to Inverted Tuck<input type="checkbox"/> Hip Key |
| <p>Transition / Flow</p> <ul style="list-style-type: none"><input type="checkbox"/> Single Footlock Routine - 5 moves chosen by instructor<input type="checkbox"/> Slipknot Routine - 5 moves chosen by instructor<input type="checkbox"/> Student Flow - 5 moves chosen by student | |