

AERIAL TECHNIQUE - BRIGITTE

Protocol - Aerial Silk Class

1st session

Date: **03.03.2021**

Objectives:

- Correction of beats technique

Side Beats

Front Beats

Front Beats with silks in the back

- Change beats direction

Front to side

Side to silk in the back

- Simple Catches

Front catch

Side catch (front balance)

Front Balance to Back balance

OBSERVATIONS:

* *When taking the first climb is very important to not swing with the silks, for that we place our body closer to the rigging center.*

* *Beats require a certain shoulders extension, don't contract too much and don't over release.*

* *To practice the beats with silks in the back is very helpful for improving the dynamic technique of the movement*

* *Front catches, the catch stops the movement in the air, don't drop on your hands (well done girl!)*

* *Side catches, the catch stops the movement in the air, don't drop on your hands. (well done girl)*

EXERCISES:

Create simple sequence with beats.

Explore different ways of leaving the floor without swinging and then also find ways to swing. the intention is to have more control when leaving the floor.

Gather inspirations, pictures, videos, colours, movies... whatever material that inspire your work.