

AERIAL TECHNIQUE - BRIGITTE

Protocol - Aerial Silk Class

7th session

Date: **15.04.2021**

Objectives:

- Handstands on Silks
- Full frontal catch

TASKS

Build the handstand base on silks from upside down.

Make the full frontal catch with both hands in the back, while keeping the body on a straight line.

OBSERVATIONS:

Handstand

The position of the hand is what will allow the placement of your body, if the hand is not well placed, the handstand position won't be vertical, if so the wrists will have a hyper extension. It's important to take the time to find a position that will always end up at the right spot, even more when the silks are more dynamic.

In this class the most important was to hold the position, focusing on placement instead of balance.

Full frontal catch

We finally got there!

We have first learned the front catch with one hand catching the silks under the hips.

The next step was to release the hand above and catch the silk with both hands, for that we kept the body at a vertical line and used the legs to support the catch.

Brigitte nailed it !

Well Done!