

AERIAL TECHNICAL - BRIGITTE

Protocol - Aerial Silk Class

3rd session

Date: **18.03.2021**

Objectives:

- Technical replacement as a reflex
- Inlock
- Unlock
- Side to Side catch
- Create small combos

TASKS

- * *Side to Side beats with release*
- * *Use pike and straddle to create body suspension / Dynamic*
- * *Side catch directly to Side catch forcing technical replacement*

OBSERVATIONS:

- Make a high beat before releasing to another side one, it's good to invest in the dynamic of the movement to get a good suspension.
- Train the Inlock a lot close to the mattress, there is no hurry to achieve the movement, but make it part of your every day training.
- Don't forget to throw your feet 45 degrees when unlocking, and also don't forget to keep those knees straight otherwise you lose all the shape and accent of the movement.