

AERIAL TECHNIQUE - BRIGITTE

Protocol - Aerial Silk Class

5th session

Date: **30.03.2021**

Objectives

- Knee climb
- Work on Sequence chosen from Research session 4th
- Handstand vertical introduction

OBSERVATIONS:

Knee climb: It's important to keep the hips high enough otherwise the climb gets very exhausting.

Remember to maintain your arms stretched, it isn't supposed to be a traction climbing, the intention is to use a counterweight

Sequence Chosen from 4th session: My tips are still the same dear Brigitte, try to break the sequence every time it is not 'fluid' then put work between the skills to create an interesting connection, the art of it lives in the details

Handstand vertical introduction:

Hands grip: always trying to keep it flat and resist to not fold the two hands together.

Shoulders: shoulder up! always pushing

ribs: inside

hips: inside

feet: slightly against the silk

You did great in this one! congrats!