



# DRAGONFLY™ Aerial Company

Name: \_\_\_\_\_

All items must be properly executed in order to move onto Level 2.

Set	Level 1 Fabric Skills (Months 1-6 Beginning)	Instructor Sign Off		
		Intro	Working	Perfected
<b>Conditioning &amp; Fundamentals</b>				
1.01	Pulling Taffy			
1.01	Shoulder Shrugs			
1.01	Pistol Squats			
1.01	Long Arm Lifted Hang			
1.04	Fan Kicks			
1.04	Standing Scissor Kicks			
1.04	Speed Skater Fan Kicks			
1.05	Rows			
1.05	Bent Arm Lifted Hang			
1.05	Elevator Descent with a Long Arm Hang			
1.08	Partner Abs: Pencil, Straddle, Smiles/Rainbows			
1.09	Elevator Descent with Leg Wraps			
1.13	Pancake Holds			
1.15	Split Pole Climb to Egg Beaters			
1.16	Straddle Pause Hip Key			
1.16	Hip Key Pendulum			
1.16	Scissor Swings			
1.17	Pike Holds			
1.17	Floating Knee Lifts			
<b>Wrist Locks/Wraps</b>				
1.02	Basic Wrist Lock/Wrap/Hitch			
1.02	Inverting: Reverse and Tuck			
1.02	Basic Shapes: Ball, Pike, Pencil, Split			
1.05	Basic Shapes: Nutcracker, Fang, Straddle, Crochet			
1.07	Double Knee/Crochet Climb Drills			
1.14	Bird's Nest with Leg Variations			
1.20	Tucked Skin the Cats			
1.20	Cat Puke Planks			
1.20	Knee Compression Roll			
1.20	Toe Bean Tap			
<b>Climbs and Descents</b>				
1.01	Basic Climb			
1.01	Russian Climb			
1.03	Russian Ball			
1.03	Elevator Descent			
1.05	Little Russian Flirt			
1.09	Crochet Climb			
1.11	Big Russian			
1.14	Double Knee			
1.17	Twisting Russian			
1.22	Sous Sus Climb			
1.23	Crochet Creep Descent			



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<b>Knotted Series</b>				
1.01	Knee Tucks			
1.01	Sitting/Straddle/Hip Key			
1.01	Knee Hooks/Crochet Legs			
1.03	Catchers Knee Hang			
1.03	Pendulum			
1.03	Pike to Climb Above			
1.03	Tilt Up Drill			
1.04	Hip Key Tail Scoop Drill			
1.06	Double Knee/Crochet Climb Drills			
1.07	Pull Over			
1.07	Front Balance			
1.08	Palm Press Toe Lift Drill			
1.08	Ball Rockers in the Knot			
1.08	Bent Arm Straddle Lift			
1.08	Straddle Invert Slide			
1.09	X Chest Pull Over			
1.13	Climb to Hip Key			
1.14	Knee Drop			
1.15	Dive Progression: Walk Down through Star			
1.18	Hip Key open to Straddle			
1.18	Hip Key Tail Toss			
1.18	Candy Cane			
1.19	Skin the Cat Straddle Back Drill			
1.20	Knot Skin the Cats			
1.21	Knee Hook Triple Wrap			
1.23	Double Catchers/Sumo Wrap			
<b>Single Foot Lock Sequence</b>				
1.01	Classic Footlock/Figure 8: Hand, Floor, Standing, Aerial			
1.01	Ships Prow			
1.01	Back Stag			
1.01	Katniss Press			
1.02	Ball Lean			
1.02	Seated Hip Lean			
1.02	Standing Hip Lean			
1.06	Split Pole Arabesque			
1.06	Airplane/Lady Like			
1.06	Skater			
1.06	Cacoons			
1.06	Pinwheel			
1.10	Susan and Beginner Clothesline			
1.10	Peter Pan Sit and Phoenix Sit			
1.10	Fulcrum Split			
1.17	Bicycle Exit			
1.17	Phoenix			
1.17	Pinwheel to Back Balance			
1.17	Pinwheel to Coffin			



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1.17	Split Extension			
1.17	Aerial Foot Lock			
<b>Single Tail Foot Lock Sequence</b>				
1.03	Mermaid			
1.03	Cross Knee Hang			
1.11	Arrow			
1.11	Basket			
1.11	Fake Basket Belay			
1.11	Single Tail Arabesque			
1.11	Single Tail Clothesline			
<b>Double Foot Lock Sequence</b>				
1.05	Double Foot Locks			
1.05	Sous Sus balance			
1.05	4 <sup>th</sup> Position Balance			
1.05	Splits/Lunge			
1.05	Lounger			
1.07	Pea Pod/Cocoon			
1.07	Splits with Roll			
1.07	Namaste Sit			
1.07	Namaste Ball Hang			
1.09	Cross Back Entries: Shoulder Pull, Arabesque, Lounger			
1.09	Crossback/X-back			
1.09	X-back Mermaid			
1.09	X-back Knee Hang			
1.11	Eiffel Tower Split			
1.15	French Footlock/Under Heel Lock			
1.15	Cross Back Straddle			
1.19	Split Roll to Crossback			
1.19	Skin the Cat Straddle Back			
1.19	SLOW Straddle Roll			
<b>Hip Key</b>				
1.04	Hip Key on Floor			
1.04	Tail Wrapped Hip Key			
1.07	Little Flirt to Hip Key			
1.09	Hip Key			
1.13	Hip Key Spin			
1.13	Archer/Secretary			
1.13	Sailboat			
1.14	Tail Sweep to Thigh Hitch			
1.16	Aerial Hip Key			
1.18	Gazelle from Hip key			
<b>Thigh Hitch</b>				
1.14	Swing Seat			
1.14	Swing Seat Stag			
1.22	Double Knee Hang			
1.22	Single Knee Hang			



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	<b>Inversions</b>			
1.21	Same Side Knee Hook			
1.21	Half Catchers			
1.21	Knee Hook Rappel			
1.21	Catchers Wrap			
1.21	Knee Hook Switches			
1.21	Catchers Gazelle			
1.22	Catchers Turn Out Stag/Split			
1.22	Catchers Exit to Thigh Hitch			
1.22	Invert Drills: Left, Right, Center			
	<b>Floating</b>			
1.10	Egg Beaters			
1.18	Iron Cross			
1.19	Pagoda			
	<b>Crochet</b>			
1.23	Double Crochet			
1.23	Crochet Crossback			
1.23	Tick Tock/180 Tilt Up			
1.23	Assisted Iron Cross			