



Dragonfly Aerial Company

Level 1 Teacher Training

Introductions

Share the following:

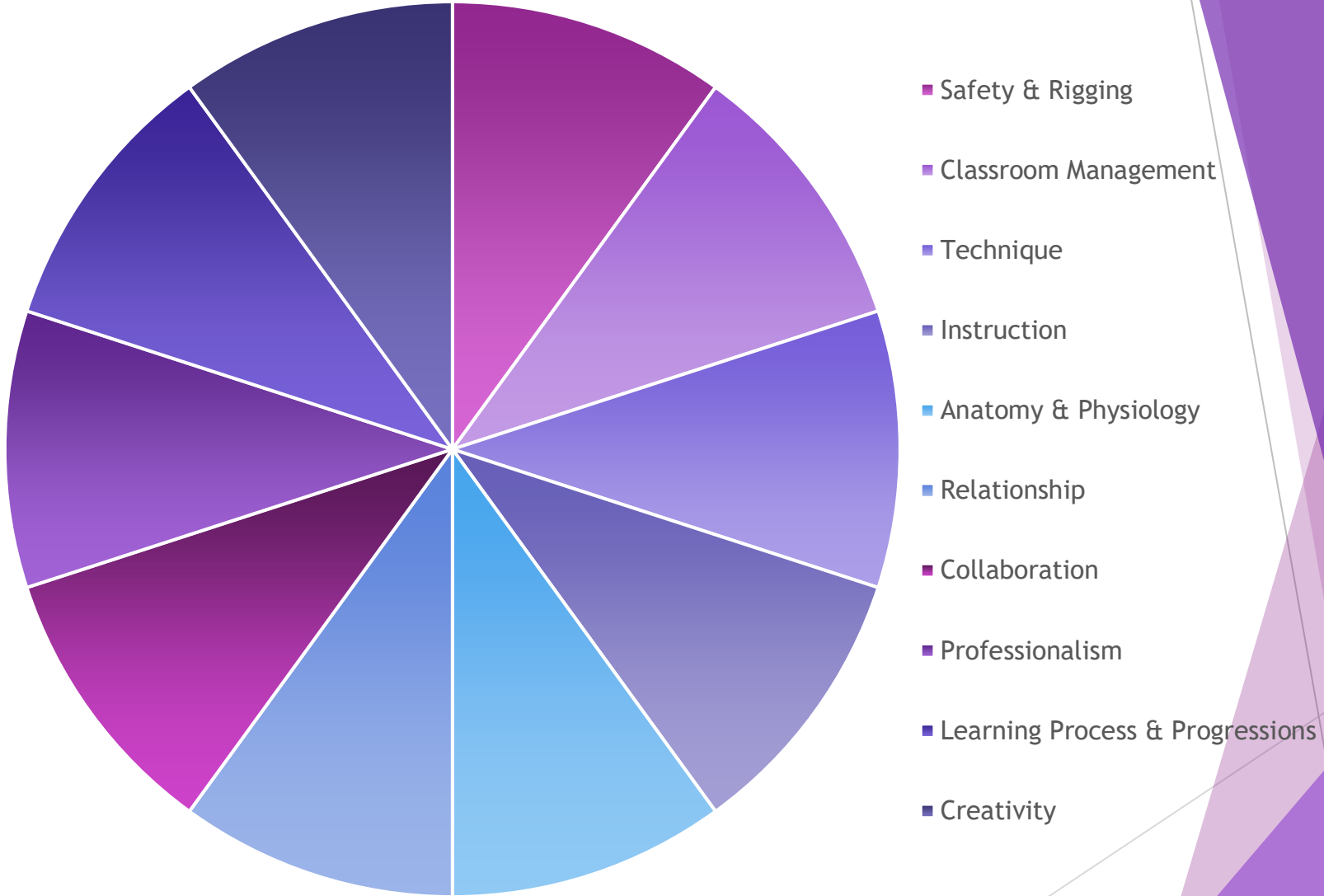
- Name
- Aerial Background
- Why do you want to teach aerial?

Questions:

- Do you enjoy working with people?
- Are you a nurturing person?
- Are you a curious person?
- Does sharing knowledge bring you joy?
- Do you have a knack for explaining things?
- Do you have a strong foundation in what you wish to teach?
- Are you observant of the human body?
- Do you enjoy breaking movements down into smaller pieces?
- Do you enjoy celebrating the success of others?

Source: [The Aerial Teacher's Handbook](#)

Teacher Core Competencies



Rules and Policies

Studio Policies

- Training area for registered students only
- Students must always use 8-inch mats unless doing floorwork or spinning training
- Students are not permitted to instruct other students during class or open gym
- Positive attitude towards self AND others
- Only studio trained individuals can manage rigging

Class Rules

- Arrive on time to class
- Students required to wear appropriate attire
- No shoes, jewelry, gum, food or drinks allowed on the studio floor (closed container water allowed)
- Students must follow the instructor's curriculum in class and work only the skills in the lesson
- Students must seek permission to do drops
- Be respectful and do not talk during while instructor is teaching

Warming Up

“A prepared body can do more in space, time, and energy; and a prepared mind can absorb more information, which is vital to preventing injuries.”

-Julianna Hane, The Aerial Teacher’s Handbook

Body
Preparation

Mental
Engagement

Class
Connection

Pre-
Assessment

Warming Up

Preparing the Body

- Building heat
- Lubricating joints
- Activating slow and fast twitch muscles fibers
- Articulating the body
- Activating Coordination
- Teaching body positions
- Preparing range of motion demands

Source: [The Aerial Teacher's Handbook](#)

Assignments

- Trainees will be assigned to do the warm-ups/cool downs for the remainder of training
- Participate in a few warm-ups (in person or online) and identify the elements the instructor used in preparing the body

Cooling Down

“The overarching goal of a cool down is to reduce heart and breathing rates, gradually cool body temperature, return muscles to their optimal length, prevent venous pooling in the lower extremities, and restore physiologic systems close to baseline.”

-National Academy of Sports Medicine (NASM)

Reduce Heart/
Breathing
Rate and Body
Temperature

Release
Tension &
Stretching

Calming the
Nervous
System

Conclusions
and Review

Vocabulary

Apparatus

- Silk/Tricot
- Panel
- Tail (of the Fabric)
- Pole (of the Fabric)
- Lock/Hitch
- Knot
- Daisy Chain

Body Positioning

- Hip Crease
- Sacrum
- Back Pack/Arm Pit Hang
- Point
- Flex
- Sickle
- Symmetrical
- Asymmetrical
- Same Side
- Opposite Side

Shapes

- Ball/Tuck
- Pencil
- Pike
- Straddle
- Split
- L-Sit
- Crow/Frog
- Skater

Actions

- Wrist/Stand Wrap
- Invert
- Knee Hook
- Crochet
- Key/Shoe Fly
- Block
- Lever Arm
- Scoop
- Fulcrum