

| Name: _____                        | INTERMEDIATE SILKS  | DATE: _____ |
|------------------------------------|---|-------------|
| <b>Fundamentals</b>                |   |             |
| French Climb                       | Alt feet  |             |
| Russian Climb                      | Both Sides  |             |
| Twisty Climb                       |   |             |
| 5 Shoulder shrugs                  |   |             |
| Beats - 4 each side                | Bell  |             |
| Dead Hang                          | 5 seconds   |             |
| Invert from the ground             | Bent arm / straight leg   |             |
| <b>Skills</b>                      |   |             |
| Wrist Locks with swing and/or spin | Tuck  |             |
|                                    | Pike  |             |
|                                    | Candlestick   |             |
|                                    | Split   |             |
| Fig 8 Foot Lock in the air         | Candy cane  |             |
|                                    | Side Split  |             |
|                                    | Arabesque   |             |
|                                    | 4s  |             |
| Double Fig 8 foot lock in the air  | Split   |             |
|                                    | Crescent to back loop   |             |
|                                    | rebecca split   |             |
| Crossback Straddle-back            | Lounge Chair entry  |             |
| <b>Hip Key</b>                     |   |             |
| Fankick from Floor                 |   |             |
| Russian Entry                      | Inverted Single Stag  |             |
| Thigh Hitch                        | Russian entry   |             |
|                                    | transition to hip key   |             |
|                                    | Thigh hitch chair   |             |
| <b>DROPS</b>                       |   |             |
| Superman Dive                      | Thigh Hitch Chair,<br>Pull-Over, Dive to Knee<br>Hang   |             |
| Waterfall                          | Invert on split poles,<br>crochet both feet, cross<br>tails behind, thread each<br>leg, re-crochet, climb and<br>wrap legs 3 x each with<br>tails |             |

|                    |  |  |  |
|--------------------|--|--|--|
| Straddle Back Dive | From straddle back, dive between poles |  |  |
|--------------------|--|--|--|