

Name: _____	BEGINNER AERIAL CHECKOUT			DATE: _____
	Silks	Trapeze	Lyra	
<b>FUNDAMENTALS</b>				
French Climb				
Russian Climb				
Single Fig 8 Foot lock				
Double Fig 8 Foot Lock				
Wrist locks & invert				
10 shoulder shrugs				
10 arm swings				
10 leg swings				
2 Up-downs				
Single Knee Hang				
Hip Balance				
Straddle back				
Pike mount				
Side mount				
<b>SKILLS</b>				
Flying Straddle				
Flying straddle drop or roll				
Side balance				
Standing Arches				
Splits				
Box				
Sidelayout				
Mermaid				
Standing Arch front/back				
Air Split				
Candlestick				
Angel Up/Down				
Man in the Moon				
Lady in the Moon				
Bird in a Cage				
Knee Hang Top Bar				
Bird's Nest Under Bar				