

Pre-requisites – Teens classes

(Tuesday) Teen Circus Dynamics Intermediate/Advanced

- Clean acrobatic technique for handstands, cartwheels, roundoffs and front handsprings
- Frontsault on mini tramp and/or fast track
- 2 years of NICA training
- Approval from current coach to advance to this class
- Levels 1-2 tissu (optional)
- Levels 1-3 on trapeze (optional)
- 'Teachability' and self-motivation.

(Wednesday) Aerial Teens Intermediate/Advanced

Verticals (silks/rope):

- 2 variations of climbs to full apparatus height, and safe descent
- Straddle invert to catchers or crochet wrap from height
- Foundation movements of: hiplock, footlock, catchers, cross-back straddle (crochet wrap), tic-toc or flare into s-wrap, and double foot wrap from height
- Ability to safely exit positions and return to apparatus and floor
- Basic knowledge of static positions, dynamic movements and rotational or slide drops

Single Point Hoop or Dance Trapeze

- Invert to apparatus with minimal use of assistance, and controlled exit
- Double knee hang (hocks) for 30 seconds
- Single knee hang on one (or both) side/s for 5 seconds
- Active hang for 30 seconds
- Ability to safely exit positions, and return to apparatus and floor
- Basic knowledge of static positions utilising bottom bar, within the apparatus, and top bar/rope; dynamic movements and/or drops/rolls

Strength

- Competency in at least 2 of the following:
 - chin/ pull up; leg lift (hanging toe touch); full tuck invert; full straddle invert; skin the cat; pull-over

(Thursday) Teen Tumbling & Acrobatics

Floor

- Handstand forward roll
- Continuous cartwheels
- Round off

Trampoline

- Competence with basic jumps
- Round off
- Front sault
- Front handspring

Strength

- 10 x push ups
- 10 x V snaps
- 10 x box jumps
- 20 x dish rocks
- 20 x arch rocks
- Wall handstand 30 seconds

Skill Name	Definition
Active Hang	Hanging from both hands on a bar or rope, keeping the body straight and the shoulder blades engaged.
Catchers ½ Turn/ Baby Star	Beginner level drop on tissu. A ¾ Rotation from catchers to a knee lock or back balance position.
Chin Up	Have the hands facing forwards on the bar and pull the body up so the chin clears the height of the bar.
Footlock	Basic lock on tissue.
Hiplock	Intermediate lock on tissue.
Leg Lifts	Lifting the feet up to the hands while hanging and keeping the legs straight on the way up and down.
Pull Over	kicking the legs over the top of the bar to lift the body up and over so you can balance on the hips on the bar.
Russian Climb	Also known as basic climb or tradition climb.
Skin the Cat	a shoulder exercise that starts in a pike under the bar and move the hips through the arms.
Straddle Inversion	Going upside down with your hands together and your legs in straddle.
Slow Cartwheel	An intermediate tissu rotation. Also known as Roll-down, Helicopter, Snowflake, Continuous Cartwheel.
Tick Tock	A lock created on tissu from catchers, pre-cursor for cartwheel drops.
Tuck-snaps/ V-snaps	Lying on the back on the ground and lifting up onto the tailbone in a tuck or a straight leg pike. Aiming to get the legs as close to the torso as possible.