

Aerial Assessment Form

Static Trapeze

Level 1 (No criteria) Recommended for Level 1 ☐

Level 2 Criteria

Tuck Through to Pike	
Hocks, Sit to Stand	
Gazelle	
Up and Over to Front Balance	
Star on the bar	
L2 Sign Off	

Level 3 Criteria

Back Balance	
One Leg Hocks (both sides)	
Meat the Hook	
Pop-up/Pop-off	
L3 Sign Off	

Aerial Hoop

Level 1 (No criteria) Recommended for Level 1 ☐

Level 2 Criteria

Tuck Through to Pike	
Hocks, Sit to Stand	
Kick up to straddle and Hocks on top hoop	
Gazelle	
L2 Sign Off	

Level 3 Criteria

Back Balance	
One Leg Hocks (both sides)	
Up and Over to Front Balance	
Meat the Hook	
L3 Sign Off	

Rope

Level 1 (No criteria) Recommended for Level 1 ☐

Level 2 Criteria

Russian Climb	
Invert to Straddle - catches in/out	
Hip Lock	
Universal Transition (hip lock to catchers) and back	
Washing line with foot lock	
Confidence working at a height	
L2 Sign Off	

Level 3 Criteria

Straddle Climb (at least 3 repeats & good form on straddle)	
Flag	
Propeller/ S-wrap	
Salto	
L3 Sign Off	

Silks

Level 1 (No criteria) Recommended for Level 1 ☐

Level 2 Criteria

Russian Climb	
Invert <u>from the air</u> to Straddle - catches in/out	
Hip Lock	
Split the silks	
L2 Sign Off	

Level 3 Criteria

Straddle Climb (at least 3 repeats & good form on straddle)	
Universal Transition (hip lock to catchers) and back	
Flag	
Washing line with foot lock	
Confidence working at a height	
S-wrap	
Salto	
L3 Sign Off	

Aerial Assessment Form

Straps

No Level 1 Class

Level 2 Criteria

Invert from static and be able to hold	
Meathook both sides (Or Hiplock)	
Spin	
Leg Lifts	
Pull up	
L2 Sign Off	

Level 3 Criteria

Invert from static and spin	
Meathook 1 arm - unassisted both sides 2 arms - lower down with control	
Skinning the cat	
All the planches (f,b,s) with 50% spot - more for front	
Crocodile	
Butterfly	
Beats	
1 wrap front support 10 sec straight, 10 sec pike 10 leg lift. Same pattern 2 wraps in crucifix	
L3 Sign Off	