

## 04.06 wushu aerial workshop

### Warm up

1. Normal running warm up *emphasis on backwards circle arms during skipping*

### General Gymnastics style

1. Upper standing
  1. hs wrist rotation/flex/extend
  2. fist rotation/flex/extend
  3. lateral arm swing
  4. in and out
  5. backwards circles
  6. overhead circles
  7. oblique reach
2. Mid + lower standing
  1. gym twist
  2. horse hip opener
  3. s2s squat
  4. hip flexor lunge + needle kick
3. lower seated
  1. QL hike
  2. ankle pump, circles, grab, bigtoe/littletoes
4. lower prone
  1. back leg lift
  2. arch hold + oblique pump (hands on head), maybe + legs

### Handstand Basics

1. wall hold, alternating *chest toward wall, foot just barely off*
2. entrance
  1. staggered push and lean
  2. push and lean and compress

### Cartwheels & Butterflies

1. butterfly kick drill *2kick focus*
2. cartwheels, continuous *stay low focus*
3. cartwheels opposite, continuous
4. butterfly kick standing *2kick focus*
5. cartwheel+butterfly
6. cartwheel+1hand cartwheel *takeoff reach focus*
7. cartwheel+palmkick cartwheel *landing pull focus*
8. cartwheel+"tricker aerial" or butterfly

## A Proper Lunge

1. squat+hinge *chest over knees over toes*
2. lunge with tension
  1. *not too large*
  2. *weighted toward the front*
3. try banded version

## Slider Kick at the Wall

*emphasis on stay low and tension*

1. hands supported back foot slider
2. hands supported back foot (no slider) *pull the carpet*
3. arms down -> forward -> floor back foot slider kick
4. arms down -> forward -> floor to handstand with spot

## Circle arms cartwheels

### Lane Progression

*focus ending position not sideways*

1. from kneeling lunge, arms down
2. slow circle arms from normal lunge
3. power hurdle from 2 feet
4. step hurdle with circle arms

## Stations

1. Down panel mat/stepBlock *hands on floor, 1 foot up*

2. down green block+bench into resi *hands on green*
3. uphill Red->floor->Airtrack *hands on AT*

## Aerials

### stations

1. visualize reach pull
2. full motion Circle AT station *elbow drill*
3. visualize jump *lift but no cartwheel*
4. downhill regular AT +"panel mats" station *diving cartwheel*
  1. in kiddie pools
5. uphill red *feet on red -> floor hands on floor*
  1. at floor near bathroom

### spotting/trying

## Exercise

1. weighted Side ups
2. jumping lunges
3. step up jump
4. t lever balance to stand