

Sky Gym Level 1 Evaluation
Level One Aerial Fabric-



All demonstrations will be judged on a 1-5 scale with 5 being the best possible score. Each section is 1/3 of total score. Students must get at least a 90% to move up to the next level.

Name:
Date:

Choreography: Score _____

Must be at least 3 minutes, and include all fundamental techniques

___ Static Technique: back engaged, shoulders in socket, core used, feet pointed, correct form in poses

___ Dynamic Technique: smooth and intentional transitions between poses, stability in movement

___ Theatricality: on beat, stylizing, expression, polish

___ Endurance: knowing rests, efficiency of movement, ability to complete the whole song without looking tired

Conditioning: Score _____

- ___ Wall sit in straddle and pike
- ___ Bow Pose, Hollow body
- ___ 10 rows
- ___ 10s. bent/ straight arm hang

- ___ 10 knee lifts
- ___ 5 straddle inversions
- ___ 3 pull-overs

Technique: Score _____

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Sitting Series

- ___ Side press outs
- ___ Layback
- ___ Mermaid
- ___ Starfish
- ___ Scissor sit
- ___ **Double knee hang**

Standing Series

- ___ **Standing Side lay**
- ___ **Sitting Side lay**
- ___ Bow spirit
- ___ Manta ray
- ___ Buddha

Arabesque Series

- ___ **Backward Arabesque**
- ___ **Forward Arabesque**
- ___ Airplane
- ___ Dragon Fly
- ___ Butterfly

Sail Series

- ___ Cocoon
- ___ Boots & Warrior
- ___ Front, back, side sail
- ___ Kite split

Lady on the Moon

- ___ Leg wrap prep
- ___ Roll up
- ___ Lady on the Moon
- ___ Back balance
- ___ Gazelle

Coffin Series

- ___ Coffin (balance)
- ___ Straddle balance
- ___ Coffin (diagonal)
- ___ Descent to hip hang

Inverted Straddle Series

- ___ **Angel hang**
- ___ Camel pose
- ___ **Inverted straddle**
- ___ **Pigeon**
- ___ **Gazelle**
- ___ Pretzel roll to sitting

Spider Series

- ___ **Spider straddle (& lunge)**
- ___ Harnessed Angel
- ___ Bow pose
- ___ Superman
- ___ Descent to Pigeon

Mermaid Series

- ___ Hanging Arabesque
- ___ Harnessed Coffin
- ___ Mermaid
- ___ Starfish
- ___ Crucifix

Thigh Roll Series

- ___ Thread through arabesque
- ___ Thigh roll
- ___ Side star
- ___ Horse to side star

Pull-over

- ___ **Pull-over**
- ___ **Hip hang**
- ___ **Swan**
- ___ Catchers Hang
- ___ Star roll to sitting

Basic Climbing

- ___ Bent & Straight arm hang
- ___ Basic stand
- ___ Basic climb

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