

# HANGS

## SKILLS IN THIS SECTION:

- Straight Arm Hang Twists & Circles
- Chair Sit Using a Dowel or Partner
- Straight Arm Hang
- Bent Arm Hang

## SPOTTING TECHNIQUES IN THIS SECTION:

- Rib Lift

# STRAIGHT ARM HANG TWISTS & CIRCLES

Hoop Height: Low Height (hang from top bar)



### Variations

- Torso twists - legs together
- Pelvis twists - legs apart
- Circles - legs together

### Circles

- Motor the movement with the hips
- Hips should stay facing forward the entire time
- Maintain engaged abs, especially in the front of the circle to support the lower back

### TIPS

- Reinforce shoulder alignment  
Mid-range position (scapula)  
& External rotation (humerus)
- Hands can be at 10 & 2 or 11 & 1
- Keep body tension throughout
- Encourage straight arms and legs
- Torso and pelvis stay under plum line  
for all variations



# CHAIR SIT USING A DOWEL OR PARTNER

Hoop Height: Low Height (hang from top bar)

- 🎯 Chair position
- 🎯 Single leg lifts

## TIPS

- Find plum line - hips under wrists
- Don't push bar forwards
- Find a posterior tilt without shifting hips
- Flatten ribs back towards dowel / partner
- Push back of head into dowel / partner to lengthen back of neck
- There will be a natural curvature behind neck
- Reinforce shoulder alignment  
Mid-range position (scapula)  
& External rotation (humerus)



# STRAIGHT ARM HANG

## TIPS

Hoop Height: Low Height (hang from top bar)

- 🎯 Grip Options
  - Forward facing grip 10 & 2
  - Forward facing grip 11 & 1
  - Reverse grip 11& 1

- Chair position, feet resting lightly on the floor
- Reinforce shoulder alignment  
Mid-range position (scapula)  
& External rotation (humerus)
- Head in line with spine
- Posterior pelvic tilt

Applied Anatomy Page 71

- 🎯 Single leg lifts
- 🎯 Leg lifts with a hover
- 🎯 Double leg lifts
- 🎯 Swings
- 🎯 Don't drop the sock drill



# BENT ARM HANG

Hoop Height: Medium Height

## TIPS

- Hands at front of shoulder heads
- Shoulders wide across front and back body
- Shoulders in full depression
- Neck relaxed

## ◎ Grip Options

- Forward facing grip
- Reverse grip
- Cross Grip

## ◎ Single leg lifts

## ◎ Single leg lifts with a hover moment

## ◎ Double leg lifts

## ◎ Swings

## ◎ Don't drop the sock drill



Use **Assistance Spotting** Technique  
Rib lift

# SECTION NOTES

# INVERSIONS & MOUNTS

## SKILLS IN THIS SECTION:

- Side Mount to Horse
- Horse to Sitting Transitions
- Side Mount to Crescent Moon to Horse  
AKA Arabesque / AKA Belly Roll
- Side Mount Crescent Moon Twist to Horse
- Side Mount Switch Legs
- Crescent Moon / Half Horse Roll Drill
- Spider
- Straddle-Up Under the Bar
- Tuck Under
- Single Leg Tuck Through to Horse
- Tuck to Ball
- Tuck to Pike Under the Bar
- Pop-On
- Slide to Sitting & Trashcan Descent
- Rock and Roll to Standing

## SPOTTING TECHNIQUES IN THIS SECTION:

For spotting inversions there are often a variety of techniques needed for different situations. Use instructor discretion in choosing the technique.

- Sacrum Push & Thigh Scoop
- Shelf Support
- Quick Block
- Sacrum Push / Hip Lift
- Upper Back Push
- Bar Stabilization
- Guiding

# SIDE MOUNT TO HORSE

Hoop Height: Medium Height

- Direct to Knee Hook
- Full inversion

## TIPS

- Cross grip
- Between 4 & 5 o'clock so that your center line is at 6 o'clock
- Reach up **opposite side arm** first then reach across
- Reach up to 3 and 9 o'clock
- Push into the thigh to slide to horse
- Lead with the pelvis



## In Horse:

- Sit on the sits bone of the front leg
- Keep hips square / adduct helps
- Sit up tall

Use **Invert Assistance Spotting Techniques**  
Upper Back Push

# HORSE TO SITTING TRANSITIONS

Hoop Height:

Low Height or Medium Height

- Trash can tuck through
- Seated thread through

## TIPS

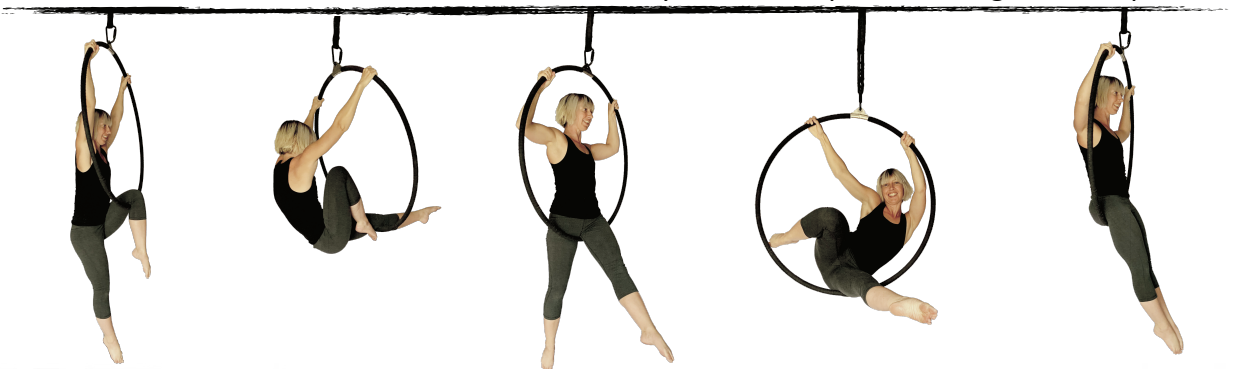
- Be intentional about foot position in all transition moments

### Trash can tuck through

- Make space by pushing bar away with grounded leg

### Seated thread through

- Lean over to the side of the grounded leg
- On the leg that threads through - lift it in external rotation, then internally rotate it to pass it through the hoop



# CRESCENT MOON DRILLS

Hoop Height: Medium Height

- ① Arabesque drill with sling
- ① Horse to Crescent Moon drill
  - Leg Shift Method
  - Hip Sink Method

## TIPS

### Arabesque Drill

- Find full internal rotation of the thigh of the leg that's in the sling

### Horse to Crescent Moon Drill

- Internally rotate the leg to direct the bar onto the inner thigh, just above the knee
- Keep the toes lifted as the thigh rotates
- Maintain pressure with the thigh and then the torso during the transition



# SIDE MOUNT TO CRESCENT MOON TO HORSE

Hoop Height: Medium Height

- ① Floorial with hula hoop
- ① Mount
  - Direct to knee hook
  - Full inversion
- ① Crescent Moon Variations
  - Front Leg Straight or Bent
  - Back Leg Straight or Bent
- ① Horse to Crescent Moon Transition
  - Leg Shift Method
  - Hip Sink Method

## TIPS

- Hands between 4 & 5 o'clock, cross grip
- Same hand as knee hook starts on bottom and reaches first, underhand grip (supination)
- Push & extend the leg as you roll onto bar
- Internally rotate the leg to direct the bar onto the lower thigh, just above the knee
- Keep leg and chest lifted in crescent moon
- The hooked knee becomes front leg in Horse
- Retrograde to come down

Use Invert Assistance Spotting Techniques



# SIDE MOUNT CRESCENT MOON TWIST TO HORSE

Hoop Height: Medium Height

- Floorial with hula hoop
- Entrance
  - Direct to knee hook
  - Full inversion

## TIPS

- Hands between 4 & 5 o'clock, cross grip
- Same hand as knee hook starts on bottom and reaches first, underhand grip (supination)
- Push & extend the leg as you roll onto bar
  - There is an extra half turn
  - Lift the back leg during the twist to skip the bar over the crotch
  - Shift weight from one thigh to the other before reaching the hand across
  - Knee hooked leg becomes back leg of Horse
  - Retrograde to come down
  - To initiate the retrograde - Sink the hips and internally rotate the front leg

Use **Invert Assistance Spotting Techniques**  
Use **Tactile Cue** for leg lift



# SIDE MOUNT SWITCH LEGS

Hoop Height: Medium Height

- Entrance:
  - Direct to knee hook
  - Full inversion

## TIPS

- Hands between 4 & 5 o'clock, cross grip
- Same hand as knee hook reaches first to 3 o'clock, neutral grip (not supination)

- When the opposite leg comes through, use additional hand grab to gain height
- Make contact with the both inner thighs before switching legs into the hoop



Use **Invert Assistance Spotting Techniques**

# CRESCENT MOON / HALF HORSE ROLL DRILL

Hoop Height: Medium Height



## Direct to Horse

- Lean back to straight arms to make space
- Connect both inner thighs to the bar before switching the legs
- Bend the bottom leg to slide it out as you switch legs



## Half twist to Horse

- Lift the back leg during the twist to skip the bar over the crotch
- Shift weight from one thigh to the other before reaching the hand across



# SPIDER

Hoop Height: Medium Height



## Entrance:

- From Side Mount
- Invert direct to knees on bar
- Invert direct into Spider position with feet on bar



## Holding position:

- Resting feet on bar
- Hot potato feet against bar
- Hold position with feet not touching bar

## TIPS

- Open chest to help find the balance of hips directly over shoulders
- Externally rotate the thighs

Use **Invert Assistance Spotting** Techniques  
Use **Tactile Cueing** - Shoulder Blade Swipe

# STRADDLE-UP UNDER THE BAR

Hoop Height: Medium Height

- 🕒 **Entry from Spider:**
  - Extend one leg then other
  - Both legs extended
- 🕒 **Entry through inversion:**
  - Bent leg straddle-up
  - One leg bent, one leg straight straddle up
  - Both legs straight straddle up

## TIPS

- In the final position, keep the hips lifted and a stacked spine
- Pull with the arms as you lift the legs / Push the bar to complete the invert
- Strengthen the invert by working the negative
- Pull the arms to half bent when tipping upright

Use **Invert Assistance Spotting Techniques**  
Use **Tactile Cueing** - Shoulder Blade Swipe



# TUCK UNDER

Hoop Height: Medium Height

- 🕒 Tuck under floor drill with hula hoop or chair
- 🕒 Straddle up / tuck down (work the negative)
- 🕒 **Foot Variations:**
  - Flexed feet parallel
  - Crossed Ankles (with foot sickle)

## TIPS

- Intentional hand placement to make enough room for hips
- Hands close enough to stabilize
- Tuck thighs to chest, heels to bum
- Work the negative (slow and controlled)
- Avoid tagging foot to get under bar
- Avoid jumping off floor
- Aim with knees, not toes

Use **Invert Assistance Spotting Techniques**

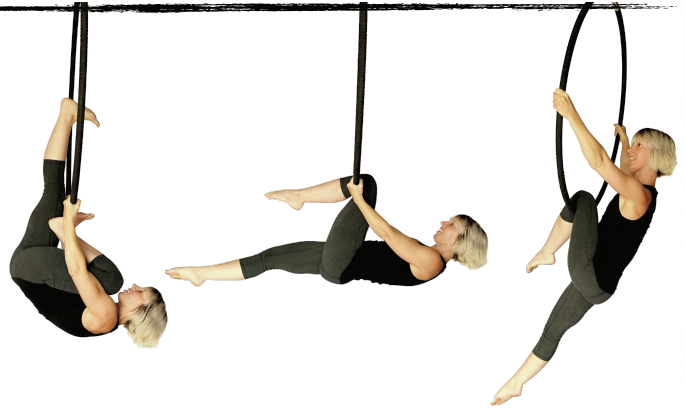


# SINGLE LEG TUCK THROUGH TO HORSE

Hoop Height: Medium Height

## TIPS

- Start in reverse grip to slide the hands easily and for safety
- Full compression - tuck thigh to chest, heel to bum
- Work the negative (slow and controlled)
- Avoid tagging foot to get under bar
- Avoid jumping off floor
- Aim with knee, not toes
- Use a straight leg lever, driving heel down to floor in order to sit up



Use Assistance Spotting technique- Guiding

# TUCK TO BALL

Hoop Height: Medium Height

Applied Anatomy pages 105 - 106

- ① Feet on the bar
- ② Full Balance

## TIPS

- Intentional hand placement to make enough room for hips
- Hips should stay behind the arm bones / feet in front of the hoop
- Rotate the elbows towards one another (external rotation) and squeeze the arms against the body
- Head in line with spine, eye gaze straight ahead or towards the ceiling - not to the floor
- Hips should be just hovering under the bar



Use Invert Assistance Spotting Techniques  
Use Safety Spotting Technique - Quick Block

# TUCK TO PIKE UNDER THE BAR

Hoop Height: Medium Height

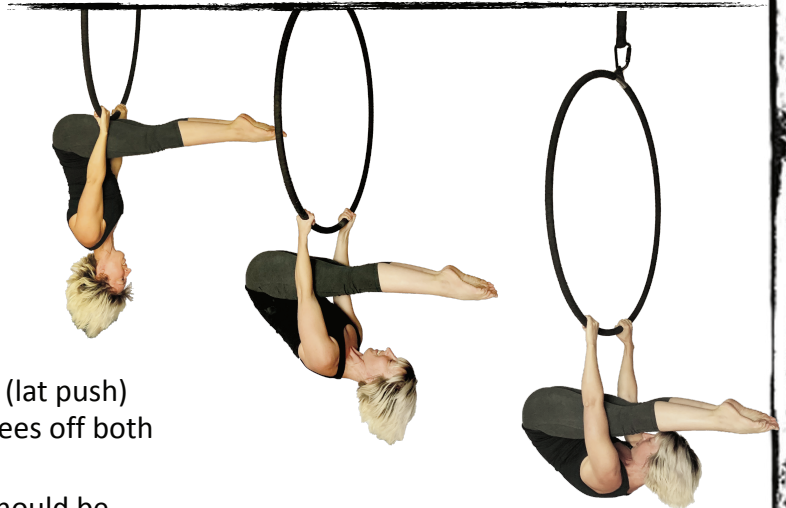
Applied Anatomy, page 82

- 🕒 On the floor
- 🕒 Knees off / Knees on Drill
- 🕒 **Variations:**
  - Open Pike
  - Closed Pike
  - Balanced Pike

## TIPS

- Push against the bar with the arms (lat push) and engage the core to take the knees off both at the same time
- The line from the legs to the hips should be parallel to the floor/ceiling for all variations
- Head should be in line with spine

Use **Assistance Spotting** technique - Sacrum Push  
Use **Tactile Cueing** for alignment corrections



# POP-ON

Hoop Height: Medium Height

- 🕒 Pop / Release drill
- 🕒 Pop-on from reverse grip
- 🕒 Pop-on from forwards grip

## TIPS

- Pop the knees onto the bar using a dynamic movement, not slowly
- Use the airtime that you gain from the pop to slide the hands up the hoop
- Aim to get the hands at least to 3 o'clock & 9 o'clock

Use **Assistance Spotting** technique  
Upper Back Push



# SLIDE TO SITTING & TRASHCAN DESCENT

Hoop Height: Medium Height

🕒 Floor drill with dowel

🕒 **Variations:**

- One leg straight (driving down)
- Both legs straight

## TIPS

### Slide to Sitting

- Use reverse grip
- Sit up as you slide your hands to 3 & 9 o'clock
- Laser legs

### Trashcan Descent

- Don't get stuck! Set the hands 3 & 9 o'clock or lower
- Use straight arms & heavy hips
- Don't push back into the lats - find a neutral hang

Use **Assistance Spotting** technique  
Upper Back Push

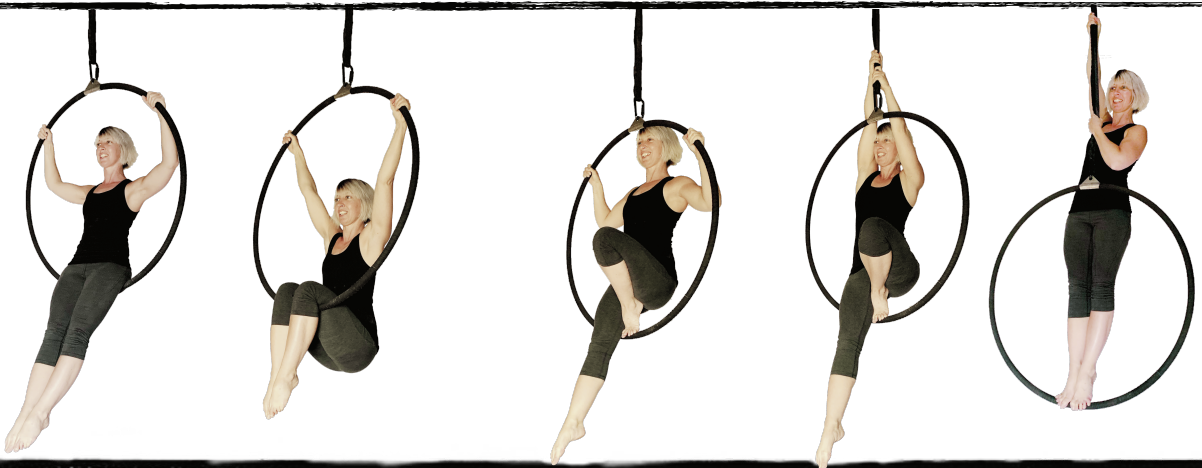


# ROCK AND ROLL TO STANDING

## TIPS

🕒 Bar placement with relevés on the floor

- Hands at 10 & 2 o'clock
- Make space to step by pushing bar away with grounded leg
- Center your weight on your standing foot before reaching up
- Pull and stand simultaneously
- Work a negative pull-up on the way down



# SECTION NOTES

# KNEE HANGS

## SKILLS IN THIS SECTION:

- Double Knee Hang
- Double Knee Hang Drills
- Knee Hang Curl up / Sit-ups

## SPOTTING TECHNIQUES IN THIS SECTION:

- Upper Back Push
- Safety Hover and Block

## DOUBLE KNEE HANG

Hoop Height: Medium Height or High Height

- 🕒 Finger test on the floor
- 🕒 Glute squeeze drill with hula hoop

### TIPS

- Forward or reverse facing grip to enter
- For knee pit placement bend the legs once they have made contact with the bar, not before
- Strong engagement of heels to sit bones
- Find a tuck, not a shift
- Squeeze glutes to open the front of hips
- Engage abdominals to pull ribs in

Applied Anatomy pages 74, 75, 67, 68, 18



Use **Safety spotting** technique- Safety Hover and Block  
Use **Assistance Spotting** technique - Upper Back Push

# DOUBLE KNEE HANG DRILLS

Hoop Height: Medium Height or High Height

- Glute Squeezes
- Heel Pumps (Hamstrings)

## TIPS

- Forward or reverse grip to enter
- Pelvis stays in posterior tilt



Use **Safety spotting** technique- Safety Hover and Block  
Use **Assistance Spotting** technique - Upper Back Push

# KNEE HANG CURL-UP & SIT-UP

Hoop Height: Medium Height or High Height

## TIPS

### Curl Up

- Place hands on thighs and slide them up towards the knees
- Chin to chest then roll up the spine
- Keep the front of the hips open and the glutes squeezing

### Sit Up

- Start with a curl up but add the sit up with flexion of the hips
- Sit ups - revert back to the curl down to squeeze the glutes as soon as possible on the way down



Use **Safety spotting** technique- Safety Hover and Block  
Use **Assistance Spotting** technique - Upper Back Push

# SECTION NOTES

# IN THE HOOP

## SKILLS IN THIS SECTION:

- Pull to Sitting
- Seated Balance
- Side Sit and Side Layback
- Person in the Moon (AKA Man in the Moon)
- Secretary (AKA CEO)
- Gazelle
- Stag / Split Gazelle (AKA French Gazelle)
- Outside Mermaid
- Inside Mermaid
- Inside Lion
- Outside Lion
- Outside Lion Back Balance
- Cradle (AKA Cuddle)
- Arabesque
- Straddle Back Exit to Knee Hang (AKA Star Hang)
- Supported Back Balance Exit to Wine Glass
- Air Splits (AKA Splits Away)
- Popsicle
- Half Crucifix (AKA Dragonfly)
- Step Through to Inside Lion Drill
- Torso Thread through to Inside Lion from Horse (AKA Half Beauty Roll)

## SPOTTING TECHNIQUES IN THIS SECTION:

### Self Spotting:

- Holding knee

### Visual Spotting:

- Bar placement

### Safety Spotting:

- Cradling head and neck
- Shoulder Cupping
- Thigh block

### Assistance spotting:

- Bar Stabilizing
- Leg Hug and Lower
- Shelf Step (hand / shoulder / forearm)

### Kinesthetic Spotting:

- Guiding the pathway of the feet

### Tactile Cuing:

- Arm Bone Spiral

# PULL TO SITTING

Hoop Height: Low Height (hang from top bar)

- 🎯 Relevé to micro pull-up
- 🎯 Relevé to full pull to sitting
- 🎯 Lower down to full straight arm hang (no feet on the floor)



## TIPS

- Spin the elbows towards one another (external rotation)
- Pull both arms equally at the same time
- Use a knee shelf or stack mats for extra assistance (if needed)

Use **Tactile Cueing** - Arm bone spiral

# SEATED BALANCE

Hoop Height: Low or Medium Height

- 🎯 Seated Glute squeeze drill
- 🎯 Hot potato hands
- 🎯 Arms out to the side
- 🎯 Exploration

## TIPS

- Legs at a 45 degree angle
- Keep the front of the hips open, with a posterior tilt in the pelvis
- Squeeze glutes - inflate your tires!
- Stay lifted through the upper chest
- Balance using micro adjustments in the core and arms, not your legs



# SIDE SIT & SIDE LAYBACK

Hoop Height: Low or Medium Height

- Both hands on
- One hand off



## TIPS

- Hands at about 2 o'clock
- Keep both hands on until fully leaning back
- Push the legs firmly into the hoop
- Legs in a scissor sit position
- Align your sits bone of the lower leg with the bar
- Extend and engage through the back body to stabilize

# PERSON IN THE MOON

AKA MAN IN THE MOON

Hoop Height: Low or Medium Height

## TIPS

- Lie the back on the hoop before bringing the foot on
- Place the bar slightly to the side of the coccyx
- Bring the hips to one side of bar & head to other for more stability
- Push your back and feet into the hoop
- Squeeze the knees together
- Demi-point position with the feet



# SECRETARY AKA CEO

Hoop Height: Low or Medium Height

## TIPS

- Place the bar slightly to the side of the coccyx
- Bring the hips to one side of bar & head to other for more stability
- Squeeze the knees into the bar for a secure hold
- Push your back and legs into the hoop
- To exit to horse reach the hand that is closer to the bar (same as bottom leg) just above your head in flamenco grip first



# GAZELLE

Hoop Height: Low or Medium Height

## TIPS

- Floorial with the hula hoop
- One hand on hoop, other hand self-spots knee
- Both hands self-spot knee
- One hand self-spots knee
- Both hands off

- Lean torso back; “lift and shift” simultaneously for safe bar positioning
- Front knee should be actively pulling into the chest
- Minimum distance for safety: a hands width from knee to bar
- Actively draw back leg down towards the floor in ‘extension’
- Hips square, back leg straight
- Actively press front leg into hoop ‘adduction’
- Actively press back leg out to hoop ‘abduction’
- Sternum in line with hoop
- Use Lever Leg to return to side sit



Use **Visual Spotting** - Bar placement in middle of bum

Use **Self-Spotting** - Holding knee

Use **Safety Spotting**: Shoulder cupping or Cradling Head & Neck / Thigh Block

# STAG / SPLIT GAZELLE

## AKA FRENCH GAZELLE

Hoop Height: Low or Medium Height

- Bend and straighten both legs, drill
- Stag with heel hook
- Full split one hand on bar, other hand on foot
- Full split one hand on foot, other hand release

### TIPS

- In the drill, keep active compression as you straighten, spot this by trying to keep the knee in the same spot
- Keep the back leg actively drawing down
- Grab from the outside or inside of the foot or ankle for front leg split grab



# OUTSIDE MERMAID

Hoop Height: Low or Medium Height

### TIPS

- Hands at 1 or 2 o'clock
- Straight top arm
- Sink the hips, and rotate them towards the floor
- Control your placement by using the push into the bar
- Roll on the thigh, keeping pressure the entire time
- Create extension in front of the hips
- Draw a line from fingers to toes

### Exit

- Pike the legs to bring the bar to you
- Grab the free hand low to rotate back to sitting



# INSIDE MERMAID

Hoop Height: Low or Medium Height



## TIPS

- Cross Body Grab - Straighten the arm first
- To help with sliding the bar, you can use a pike and sink method with the hips
- Pull / Push with the arms when getting in and out of position
- Drive the heels back and towards the ceiling to press against the hoop
- Allow the bar to slide to the outer thigh

# INSIDE LION

Hoop Height: Medium Height



## TIPS

- Enter and Exit from Horse

## THEORY

- Torso goes to the OPPOSITE side from the leg that's on the bar
- The bar is on the front of the hip

# OUTSIDE LION

Hoop Height: Low or Medium Height



## TIPS

- Enter and Exit from horse
- Shift Front Leg Across the midline
- Let go with the top arm if stable enough

## THEORY

- Torso goes to the SAME side from the leg that's on the bar
- The bar is on the outside of the hip
- Exit to horse will switch sides

# OUTSIDE LION BACK BALANCE

Hoop Height: Low or Medium Height

- ① With one or both hands on
- ② Hands free balance

## TIPS

- Slide the bar to the low back for a more comfortable balance
- Keep the free leg reaching down to the ground
- Keep a crease in your hips and squeeze the knee around the hoop



# CRADLE AKA CUDDLE

Hoop Height: Low or Medium Height



## Exits:

- 3 Grip Switch
- 2 Grip Switch (Flamenco method)



## TIPS

- Shift your hips off center of the hoop
- Push with the bottom (far) hand as you pull with the top (close) hand to fold and sink

## THEORY

- The torso is on the same side of the lyra as the legs are
- The bar is on the outside of the hip like in Outside Lion

# ARABESQUE

Hoop Height: Low or Medium Height



## Arabesque Floor Drill

## TIPS

- Hand at 12 o'clock
- The hand that is holding is the same as the leg that is in contact with the bar
- Rotate the thigh towards the "arabesque" shape with the hips as square as possible
- In the final position the back leg should be internally rotating
- Point the bottom leg down and forwards (not back) - look for your toe
- Arch the back and extend through the chest
- To exit - scissor your legs to get to Horse



# WINE GLASS

Hoop Height: Medium Height

- ⦿ Floorial with hula hoop
- ⦿ Entrances
  - From Outside Lion
  - From Sitting
- ⦿ Variations
  - Leg pointing straight down
  - Arching back
  - Arching back and grabbing foot

## TIPS

- The position of top leg on the bar will depend on each person's flexibility
- Squeeze the glute of bottom leg to open front of hip
- From Sitting Entry
  - Push with bottom hand (8 o'clock) and pull with top hand (2 o'clock)
  - Engage glutes to slide hips off front of bar
  - Same leg as bottom hand threads into position



# STRADDLE BACK AKA STAR HANG

Hoop Height: Medium Height

- ⦿ Can can
- ⦿ Windmill Entry

## TIPS

- Grab at 3 and 9 o'clock
- For Can Can entry - With each leg lift, "lift & shift" the hip further forward
- Bar placement above sacrum (L4 / L5)
- Straddle pike the legs until you have firm pressure on the hoop before you lean all the way back and let go
- In final position, push legs into hoop and keep a butt shelf

## Exit

- Reach hands next to hips to slide to knee hang
  - Keep the bar in contact with the back of your legs as long as possible on the slide to knees
- Use **Safety Spotting** technique  
Cradling Head and Neck



# SUPPORTED BACK BALANCE EXIT TO WINE GLASS

Hoop Height: Medium Height

- ⦿ Bent leg demi-point pressing into bar
- ⦿ Straight leg pressing top of foot onto bar
- ⦿ Both hands on
- ⦿ One hand off
- ⦿ Both hands off behind the back
- ⦿ Both hands off over the head



## TIPS

- For demi-pointe, maintain firm pressure with the ball of the foot
- Be careful when bringing the arms over the head, it will change the balance point

Use **Safety Spotting** technique  
Cradling Head and Neck & Thigh Block

# AIR SPLITS AKA SPLITS AWAY

Hoop Height: Medium Height

- ⦿ Three-legged down dog on the floor
- ⦿ One knee hook back leg extension drill
- ⦿ Both legs on
- ⦿ Full air split



## TIPS

- For both legs on bar: actively crease at the hips to lengthen the spine
- Squeeze the glute to extend the back leg
- Point or Demi-point foot that is on the hoop

# POPSICLE

Hoop Height: Low or Medium Height

## TIPS

- Turn to the side - Hands grab over the head
- Push into the points of contact
- The head will go to the same side as the leg you're sitting on
- Extend the front of the hips fully by squeezing the glutes
- Keep the legs separate and the bar under the sits bone
- Lift the chest and try to look back and finish the arch with the head
- Bring the arms over the head to finish the shape



# HALF CRUCIFIX AKA DRAGONFLY

Hoop Height: Low & Medium Height

## TIPS

- Posting hand as close to 6 o'clock as possible
- Post the bottom arm with shoulder in depression, don't bend the elbow
- Squeeze the glutes to slide the bum off the front of the hoop



### Entrance:

- Low hoop, feet on floor
- Low hoop, from Sitting
- Medium hoop from sitting with a spotter



### Leg Variations

- Double Stag
- Straight



### Exit:

- Step to floor
- Back to sitting with a spotter
- Inside Lion
- Outside Lion



Use **Assistance Spotting** technique  
Leg Hug and Lower

Use **Assistance Spotting** technique  
Shelf Step (hand / shoulder / forearm)

# STEP THROUGH TO INSIDE LION

Hoop Height: Low or Medium Height

- ① Sitting step through to Inside Lion transition
- ② Inside Lion to Inside Lion drill
- ③ Twizzle



## TIPS

- Make space by passing through a single leg Trash Can position
- Thread the leg through while simultaneously sliding the opposite hip off the hoop
- Keep squeezing the thighs (adduction) to keep the bar in a comfortable spot

# TORSO THREAD THROUGH TO INSIDE LION (FROM HORSE) AKA HALF BEAUTY ROLL

## TIPS

Hoop Height: Medium Height

- ① Shift the front leg over towards the side of the hoop
- ② Sink hips back to make space between pelvis and the bar

- Thread through with the SAME arm as leg that's on the hoop
- Lift the free leg, both legs parallel to the floor
- Squeeze the glutes
- In both progressions, make sure the bar rolls over the meat of the thigh



Use Tactile Cueing for back leg

# SECTION NOTES

# UNDER THE BAR

## SKILLS IN THIS SECTION:

- Same Side Knee Hook  
(AKA Open Delilah)
- Opposite Side Knee Hook  
(AKA Delilah)
- Single Knee Hook  
(AKA Tree frog)
- Bird's Nest
- Single-Leg Bird's Nest
- Pencil (AKA Arrow)
- Stag / Splits Under the Bar
- Banana Splits (AKA Fang)

## SPOTTING TECHNIQUES IN THIS SECTION:

### Visual Spotting:

- Secure Grip

### Safety Spotting:

- Safety Hover and Block
- Cradling the head and neck
- Thigh Shelf
- Shoulder Cupping (preventative)
- Full Arm Cradle

### Assistance Spotting:

- Shelf Support
- Hip Lift
- Thigh Squeeze
- Shoulder Cupping (assisting)

### Kinesthetic Spotting:

- Guiding

# SAME SIDE KNEE HOOK AKA OPEN DELILAH

Hoop Height: Medium Height

- Keep both hands on
- Hold only with the SAME side hand

- Shape variations:**
  - Bent leg "O" shape
  - Straight Leg Extended shape



## TIPS

- Hands between 4 & 5 o'clock, cross grip
- Make the "O" shape by pushing the foot into the hand and engaging the glutes

# OPPOSITE SIDE KNEE HOOK AKA DELILAH

Hoop Height: Medium Height

- Keep both hands on
- Hold only with the OPPOSITE side hand

- Shape variations:**
  - Bent leg "O" shape
  - Straight Leg Extended shape



## TIPS

- Hands between 4 & 5 o'clock, cross grip
- Make an "O" shape by pushing the foot into the hand and engaging the glutes

# SINGLE KNEE HOOK AKA TREE FROG

Hoop Height: Medium Height

- ① Grip Options
  - Forward facing grip
  - Reverse grip

## TIPS

- Retract the shoulder blades and find extension through the upper back
- The back leg can be bent or straight



# BIRD'S NEST

Hoop Height: Medium Height

- ① Floor warm up series
- ① Straight body position
- ① Sinking more into the arch
- ① Grip Options
  - Forward facing grip
  - Reverse grip

## TIPS

- Reverse grip for a bigger upper back arch
- Enter from knees on bar
- Lift the hips to create space
- Initiate by retracting the shoulders and then lead with the chin to open the chest
- Engage the glutes to protect the lower back
- Push into the point of contact: the ankles / instep
- Engage lower abs to return to knees on bar



Use **Visual Spotting**  
Secure Grip  
Use **Assistance Spotting** technique  
Hand at thigh for entrance  
Use **Safety Spotting** technique  
Full Arm Cradle

# SINGLE LEG BIRD'S NEST

Hoop Height: Medium Height

- ⊙ Grip Options
  - Forward facing grip
  - Reverse grip
- ⊙ Free leg variations
  - Stag leg
  - Pointing straight to the ground

## TIPS

- Reverse grip for more upper back arch
- Lead with the chin to open the chest
- Start with both full bird's nest, both legs against the hoop, then slowly remove one leg
- The torso will twist and the hoop will turn sideways when one leg is off
- Push into the ankle / instep
- Put the other foot back on to come back in with control
- Engage lower abs to return to knees on bar
- Watch out for Sickie foot!



Use **Safety Spotting** technique  
Shoulder Cupping and Thigh Shelf

# PENCIL AKA ARROW

Hoop Height: Medium Height

- ⊙ From Single Knee Hook
- ⊙ Straight into Pencil position

## TIPS

- Full straight body position with head in line with the spine
- Hips will naturally twist to one side
- Squeeze your legs together



Use **Assistance Spotting** techniques  
Hip lift, Thigh Squeeze & Shoulder Blade Swipe

# STAG / SPLITS UNDER THE BAR

Hoop Height: Medium Height

- Active split exercise on a yoga block or prop
- Balanced Stag / Splits
- Press Hips Split Arch
- Profile Stag / Splits

## TIPS

### Press Hips Split Arch

- Push into the back leg (on the top of the thigh)
- Open the chest and let the pelvis arch - look up
- The more flexible the splits & backbend are, the more the bar will slide down the thigh

### Profile Stag / Splits

- Drop the back leg down by squeezing the glute and side crunching into an arch
- The front leg in the other variations becomes the back leg in Profile Stag / Splits



Use **Assistance Spotting** Technique  
Hip Lift & Shoulder Cupping

# BANANA SPLITS AKA FANG

Hoop Height: Medium Height

## TIPS

- Important for safety - Use forward facing grip, the wrist is in it's strongest position to support the weight
- Keep pressure on the same arm as leg as you bring your body over
- Maintain control and engagement in the lower back and glutes to support the position
- Legs can be bent or straight
- Open through the chest



Use **Assistance Spotting** technique  
Shoulder Cupping

# SECTION NOTES

# FRONT BALANCE / PULLOVERS

## SKILLS IN THIS SECTION:

- Front Balance & Hip Hang on Low Bar
- Sitting to Hip Hang
- Hip Hang to Sitting (AKA L-Pop)
- Front Balance Thread Through to Horse
- Pullover
- Dolphin
- Foot Block From Hip Hang
- Front Balance Roll Up / Roll Down

## SPOTTING TECHNIQUES IN THIS SECTION:

- Invert Spotting techniques
- Safety Hover and Block

# FRONT BALANCE & HIP HANG ON LOW BAR

Applied Anatomy page 81

Hoop Height: Low Height

- External rotation chest lifts on the floor
- Finding front balance placement & engagement on the floor with a hula hoop

- With a yoga mat or blanket for cushioning
- Without cushioning

- Two hands on balance
- One hand hot potato
- Full balance legs apart
- Full balance legs together

### Front Balance

- Draw the belly in and engage the glutes
- Find a diagonal body position - Head is higher than the feet
- Draw shoulder blades down back and lift sternum (cobra)
- Balance through core engagement and small arm movements, not by moving the legs (Laser legs)

### Hip Hang to Front Balance

- Start with the thumbs pointing up the hoop
- Keep the elbows straight
- Initiate the movement by drawing in the belly in and engaging the glutes



# SITTING TO HIP HANG

Hoop Height: Low or Medium Height



## TIPS

- Reach the hands across the hoop, both on one side, at 2 o'clock and 5 o'clock
- Use the top leg to press against the hoop for extra stability while the bottom leg rotates so that the pelvis faces down

# HIP HANG TO SITTING AKA L-POP

Hoop Height: Low or Medium Height



## TIPS

- Reach up with both arms to one side, the top arm straight
- Keep the top arm straight and the torso heavy
- Push the outer hip into the hoop to rotate the pelvis facing up
- Use the top leg to press against the hoop for extra stability while you reach the hands up

# FRONT BALANCE THREAD THROUGH TO HORSE

Hoop Height: Low or Medium Height

## TIPS

- Start in a full lifted front balance to place hand
- Top arm grabs high - with palm facing out
- Whatever arm is holding on, the SAME side leg will thread through the lyra
- Lean the torso down as you twist
- Push against the lyra with the grounded leg as it rotates into an extension
- Hit an arched position to help reinforce the driving the leg down to the floor
- Pull up in order to shift the hips to the middle of the bar at the very end



# PULLOVER

Hoop Height: Medium Height

Applied Anatomy pages 103 - 104

- ① Single leg foot slide
- ② Bent knees on the way up / Extend the legs to straight on the way over
- ③ Both legs straight sliding the thighs on the bar
- ④ Both legs straight hovering until the hips land
- ⑤ Chair Hover Drill

## TIPS

- Make sure the hands are wide enough to fit the hips
- Work slow negative to help build inversion strength
- Reverse grip is usually more accessible than forward facing grip
- Think of making an upward circle with the hips, up and over the bar
- When unrolling or in Chair Hover Drill: Lift knees & look at the ceiling



Use **Invert Spotting** techniques  
Sacrum & Thigh Scoop  
Shelves -forearm

Use **Assistance Spotting** technique  
Hip Lift

# DOLPHIN

Hoop Height: Low or Medium Height

## TIPS

- Hands around 4 and 8 o'clock - this may change depending on flexibility
- Lift the chest
- Keep the arms straight
- Squeeze glutes
- Reach the heels toward the ceiling
- Push the pelvis into the hoop



# FOOT BLOCK FROM HIP HANG

Hoop Height: Medium Height

- Variations
  - Heel hook
  - Arch of the foot

## TIPS

- Underhand / Reverse grip
- Hook the foot on the side of the hoop
- Push the pelvis into the hoop
- Arch through the entire spine
- Push the chest through the arms and look up



# FRONT BALANCE ROLL UP / ROLL DOWN

Hoop Height: Low or Medium Height



- ⊙ Pelvic rocks drill
- ⊙ Light hands on the way up, no hands on the way down
- ⊙ Leg Progressions
  - Legs apart in a V shape
  - Legs together

## TIPS

- Push the pelvis into the hoop until you feel your weight fall behind you
- Use pelvic mobility and deep core engagement to hollow the body
- Pull the belly button into the spine to make a “scooping feel”

## SECTION NOTES

# TOP BAR SKILLS

## SKILLS IN THIS SECTION:

- Spanset / Rope Hang
- Sitting on Top Bar

Note: We are not doing anything from inverted on the top bar, because we don't expect our level 1 students to have the invert strength yet and we don't want them getting used to tagging the foot

## SPANSET / ROPE HANG

Hoop Height: Low or Medium Height

### TIPS

- When standing up on the bar press down, not out, on the bottom of the hoop to keep bar centered underneath you
- In the hang, keep the fronts of your ankles pressing into the bar to keep it from spinning away
- Use a foot sandwich to return to bar



# SITTING ON TOP BAR

Hoop Height: Low or Medium Height

- ⦿ Stag Sit
- ⦿ Amazon Sit with hands on
- ⦿ Amazon Sit hands free
  
- ⦿ Retrograde Exit
- ⦿ Hover Down Exit



## TIPS

- Thread back leg and press against the hoop to stabilize
- For amazon sit, thread opposite arm as front leg to back of arm and press back with both arm & head for stability
- For amazon sit, push down with the front leg and push back with the back leg (squeeze the glutes)

## SECTION NOTES

# BEATS

## SKILLS IN THIS SECTION:

- Pike Beats from Top Bar
- Beat & Pull to Sitting
- Scoop Beats from Top Bar
- Leg Lead Beats from Top Bar
- Knee Hang Beats

## SPOTTING TECHNIQUES IN THIS SECTION:

### **Assistance Spotting**

- Guiding
- Shelf Step
- Thigh scoop

# PIKE BEATS FROM TOP BAR

Hoop Height: Medium Height (hang from top bar)

- Small Swings
- Toe Taps
- Flex Unders

## TIPS

- Stabilize through abdominals to support leg lift
- Initiate with leg lift, build momentum slowly
- Shoulders should be in line with hands - plum line
- Keep the legs totally straight in the back beat (squeeze the quads!)
- Toes will go as high as hamstrings will allow, don't compensate by lifting hips in order to get feet higher
- Get rhythm small before taking feet all the way up to end of range
- Use heel drive: think down rather than up
- Beats can be heavy on grip strength 3-8 beats is a solid round of beating

Use **Assistance Spotting** technique - guiding

Use **Assistance Spotting** Technique Shelf Step to get back to sitting



# BEAT & PULL TO SITTING

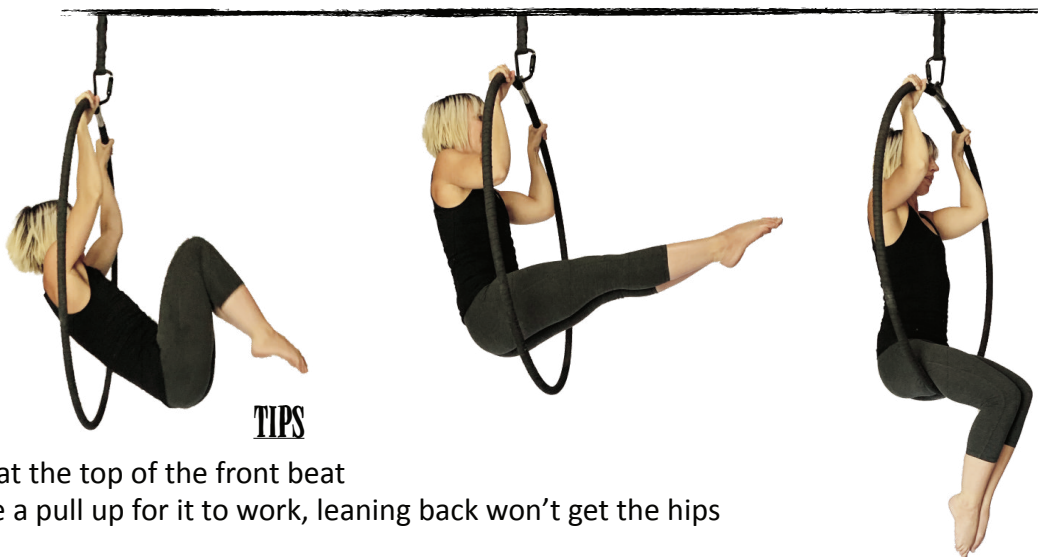
Hoop Height: Medium Height (hang from top bar)

- Tuck Up
- Pike Up

## TIPS

- Tuck and pull at the top of the front beat
- There must be a pull up for it to work, leaning back won't get the hips high enough

Use **Assistance Spotting** Thigh Scoop and **Bar Stabilization**  
Use **Assistance Spotting** Technique Shelf Step if they are unable to use the beat to get to sitting, to discourage the habit of jumping down



# SCOOP BEATS FROM TOP BAR

Hoop Height: Medium Height (hang from top bar)

Applied Anatomy pages 99 - 100

## 🎯 Scoop vs. Pike Floor Drill

### TIPS

- Initiate with a small abdominal crunch and posterior tilt
- Only go as far as you can without creasing at the hips (AKA piking)
- Use a motorcycle grip and hollow sternum for bar control
- Twist motorcycle grip more at the front of the beat to ease the impact of the bar on your lower back
- Practice using the beat to get to sitting on the hoop, it's easier to transition to using a pike beat / tuck up in that moment



# LEG LEAD BEATS FROM TOP BAR

Hoop Height: Medium Height (hang from top bar)

- 🎯 Leg leads on the floor
- 🎯 Leg lead drill from hanging
- 🎯 Full beat



### TIPS

- Use a pike beat to initiate the momentum
- At the top of the pike beat, drop one leg and then the other, emphasize the leg drop, not the leg lift
- There will be a natural twist in the hips, but it's not a windmill or a flare
- Each leg lead will turn you 1/4 turn
- To exit go back to pike beat and pull to sit

# KNEE HANG BEATS

Hoop Height: High Height

- ⊙ Small controlled swings
- ⊙ Reaching to tap hoop
- ⊙ Reaching to tap toes



## TIPS

- Initiate the forward action with a sit up/crunch
- Initiate the backward action through engaging glutes and actively extending the spine
- Keep actively squeezing heels to bum the whole time
- Engage glutes and open hips at back of beat to finish the movement
- Look for the wall behind you on the backswing

## SECTION NOTES

# SPINNING

## SKILLS IN THIS SECTION:

- Basic Spin (To the Inside / En Dedans)
- Basic Spin (To the Outside / En Dehors)
- Corkscrew Drill
- Lunge Spin to Pencil
- Bent Arm Coupé Spin

## TO DEAL WITH DIZZINESS

- Look at a point in the room and be still, with a hand pressing on your stomach and slow your breathing
- Make a few small jumps where you land with impact on your heels, the sudden stop helps to settle the ear crystals in your inner ear
- Turn in the other direction
- Shake the head back and forth (small shake)
- Ginger chews
- Sip water

# BASIC SPIN TO THE INSIDE / EN DEDANS

Hoop Height: Low Bar (hanging on top bar)

- Rotating over ball of foot
- Rotating over top of foot

## TIPS

- Hang in order to place feet equidistant from the plum line
- The grounded leg is the same side as the direction you're turning
- The pelvis and shoulders should both be directly under the plum line
- The legs are out at equal distance from each other
- The free leg should rotate into an arabesque position and stay there the whole time
- Legs straight and separated in the center star



# BASIC SPIN TO THE OUTSIDE / EN DEHORS

Hoop Height: Low Bar (hanging on top bar)

- Rotating over ball of foot
- Rotating over top of foot

## TIPS

- Hang in order to place feet equidistant from the plum line
- The grounded leg is the same side as the direction you're turning
- The body should be directly below the plum line of the apparatus
- the legs are out at equal distance from each other
- The free leg should rotate into an arabesque position and stay there the whole time
- Align shoulders directly under the plum line
- Legs straight and separated in the center star



# CORKSCREW DRILL

Hoop Height: Low Bar (hanging on top bar)

- 🕒 Hula version  
(legs traveling as one unit)
- 🕒 Flare version  
(legs traveling as two separate units)



## TIPS

- Find the weightless movement
- Don't muscle it - let the spin take your legs into the corkscrew
- Keep the legs straight and engaged
- Always return back to the center star after a full corkscrew

# LUNGE SPIN TO PENCIL

Hoop Height: Low Bar

- 🕒 Rotating over ball of foot
  - 🕒 Rotating over top of foot
- 
- 🕒 Pencil with Passé
  - 🕒 Pencil with 5th position /  
crossed ankles



## TIPS

- Keep the hips sinking into a deep lunge
- For Pencil - point the back leg straight down towards the floor
- Stay sitting on the glute
- Let the hips twist to the side naturally, but the upper torso faces the front
- Keep arms bent and elbows pointing to the sides of the hoop
- Lift the chest and use an anterior tilt in the pelvis

# BENT ARM COUPÉ SPIN

Hoop Height: High Height

- ⦿ Keep the arms bent with elbows pointing out
- ⦿ Legs stay in plié (standing leg bent)/ coupe (free leg cupped around calf) in a turn out the whole time
- ⦿ Draw a circle with your toe on the floor
- ⦿ Pelvis arched - chest lifted
- ⦿ Drive with the shoulders



## SECTION NOTES