



Aerial Hammock/Sling Checklist /

Updated March 18, 2022.

Check off these skills as you master them to track your progress. Always use safe rigging practices and train only under the supervision of a certified instructor.

Entrances:

- [Basic Entrance](#)
- [Pullover Entrance](#)
- [Open Hammock Entrance](#)
- [Crochet and Flip Entrance](#)
- [Shin Flip Entrance](#)
- [Arch and Pass Entrance](#)
- [Tricky Saddle Entrance](#)
- [Pullover to Opposite Knee Hook Entrance](#)
- [Flip Through to Infinity Seat Entrance](#)

The Basics:

- It is highly recommended to master these moves safely before moving on.

- [Straddle Back](#)
- [Gazelle](#)
- [Trapeze Sit](#)
- [Cartwheel](#)
- [Mermaid](#)
- [Mermaid Rolls/ Seahorse Rolls](#)
- [Starfish](#)
- [Hip Key](#)
- [Hip Key Thread Thru / Secretary Seat](#)
- [Hip Balance / Front Balance](#)
- [Back Balance / Hollow Hold](#)
- [Superman Flip](#)
- [Backward Cartwheel \(2 variations\)](#)
- [Cross and Pullover](#)
- [Barrel Rolls](#)
- [Straddle Swivel](#)

Poses:

- [Manta Ray](#)
- [Bird's Nest](#)
- [Coffin / Floating Plank](#)
- [Running Man](#)
- [Open Hammock Split](#)
- [Splits](#)
- [Floating Layout](#)
- [Vertical Split](#)
- [Miracle Split](#)

Body and Leg Wraps:

- Including Open Hammock moves.
- Moves are posted in order of physical and fabric theory difficulty.

- [Inside Outside Split](#)
- [Inside Inside Wrap](#)
- [Windshield Wipers](#)
- [Wrap and Roll](#)
- [Body Wrap and Roll](#)
- [Rock n' Roll](#)
- [The Flipper](#)
- [Trapeze Sit to Straddle Strike](#)
- [Angel Roll](#)
- [Pegasus](#)
- [Arabesque to Trapeze Seat](#)
- [Wrapped Trapeze Seat](#)
- [Inverted Planks](#)
- [Shoulder Stand Flip](#)
- [Sailboat / Open Hammock Roll Up](#)
- [Knee Hang](#)
- [Knee Lock to Back Balance](#)
- [Trapeze Sit to Thigh Wrap](#)
- [Trapeze Sit to Pullover / Superman Stack](#)
- [Trapeze Sit with Leg Roll Up](#)
- [Shin Roll Up](#)
- [Down Dog Flip](#)
- [Down Dog Flip to Belly Basket](#)

- [Down Dog Flip to Stand](#)
- [Flying Mermaid](#)
- [Candy Cane Roll Up to Straddle](#)
- [Double Crochet, Double Crucifix](#)
- [Belly Wrap from Double Crochet](#)
- [Belly Basket from CASH Climb \(inverted arabesque\)](#)
- [Belly Basket Roll Up](#)
- [Double Belly Wrap](#)
- [Hip Key Tuck Thru](#)
- [Secretary Stand](#)
- [Hip Key Split](#)
- [Shoulder Sling](#)
- [Manta Ray to Shoulder Sling](#)
- [Thigh Hitch Thread Thru / Windsurfer](#)
- [Windsurfer with Waist Wrap](#)
- [Wrapped Running Man](#)
- [Belay in the Hammock](#)
- [Belay Twist Out Exit](#)
- [Double Belay](#)
- [Sneaky Step to Thigh Wrap or Belly Wrap](#)
- [Saddle](#)
- [Flying Arrow](#)
- [Bow and Arrow](#)
- [Iron Cross to Foot Wrap](#)
- [Crochet Jump Rope](#)
- [Vertical Split to Back Bend](#)
- [Arabesque Split](#)
- [The Bomb Split](#)
- [Hip Key Roll Up](#)

The Cupids (thigh roll ups) :

- [Simple Cupid](#)
- [Single Thigh Roll Up / Cupid](#)
- [Reverse Cupid](#)
- [Half Cupid Roll Up](#)
- [Simple Cupid to Cradle](#)
- [Stag Roll Up](#)
- [Tick Tock Cupid](#)
- [Tick Tock Cupid Stack](#)
- [Cupid Combo](#)
- [Falling Cupid](#)

- ❑ [Simple Cupid Roll Up Sequence](#)

Infinity Seats :

- ❑ [Infinity Seat](#)
- ❑ [Double Knee Hook to Infinity Seat](#)
- ❑ [Knee Hook Drop to Infinity Seat](#)
- ❑ [Flip Through to Infinity Seat](#)
- ❑ [Infinity Shin Roll Up Knee Hang](#)
- ❑ [Infinity Seat to Splits](#)
- ❑ [Stacked Infinity Seat](#)
- ❑ [Infinity Seat to Belly Wrap](#)
- ❑ [Wrap to UnWrap](#)
- ❑ [Back Drop Exit to Front Balance \(from Infinity Seat\)](#)

Crossback Straddles :

- ❑ [Crossback Straddle from Georgia Twist](#)
- ❑ [Sneaky Step Entrance into Crossback Straddle](#)
- ❑ [Sneaky Step and Twist to Crossback Straddle](#)
- ❑ [Front Flip into Crossback Straddle](#)
- ❑ [Reverse Knee Hook into Crossback Straddle](#)
- ❑ [Gazelle Slide to Belly Basket from Crossback Straddle](#)
- ❑ [Gazelle Slide to Leg Wrap from Crossback Straddle](#)
- ❑ [Iron Cross Exit from Crossback Straddle](#)
- ❑ [Layout Exit from Crossback Straddle](#)
- ❑ [Inverted Sail from Crossback Straddle](#)
- ❑ [Pretzel Exit from Crossback Straddle](#)
- ❑ [Windmill Exit from Crossback Straddle](#)
- ❑ [Crossback Fall into Open Hammock](#)
- ❑ [Crossback Cupid Drop](#)
- ❑ [Crossback Straddle Shoulder Sling to Belly Basket](#)

Drops :

- ❑ [Slack Drop](#)
- ❑ [Open Hammock Fall](#)
- ❑ [Gazelle Switch Drop](#)

- [Secretary Seat Drop](#)
- [Back Drop Exit to Front Balance \(from Infinity Seat\)](#)
- [Secretary Stand Drop](#)
- [Crossback Cupid Drop](#)
- [Figure 4 Bomb Drop](#)
- [Key and Crochet to Bomb Drop](#)
- [Wrapped Back Drop](#)
- [CASH Climb and Drop](#)
- [Hip Key Thread Thru to Drop](#)
- [Tick Tock](#)
- [Waist Wrap Drop](#)
- [Criss Cross Drop](#)
- [Drunken Star](#)
- [Single Star Drop](#)
- [Falling Star](#)