



## **Kama Fit TV - Aerial Skills Checklist**

*Check off these skills as you master them to track your progress. Please refer to [KamaFitTV.com](http://KamaFitTV.com) for visual/audio tutorials. Always use safe rigging practices and train only under the supervision of a certified instructor.*

### Climbs -

- [Basic Climb](#)
- [Russian / Step Climb / J Climb](#)
- [Half Russian / Sexy Russian / Sous Sous Climb](#)
- [Twisty Russian Climbs \(on a single silk, and on double silks\)](#)
- [Big Russian Climb / Flirty Russian Climb](#)
- [Hip Key Step Climb](#)
- [Crochet Climb](#)
- [Footlocks Climb](#)
- [Same Side Knee Hook Climb](#)
- [Opposite Side Knee Hook Climb](#)
- [Double Knee Climbs / Tear Drop Climb](#)
- [Split Knee Hook Climb](#)
- [Bicycle Climb / French Climb](#)
- [S Wrap Climb / Candy Cane Climb](#)
- [C.A.S.H. Climb](#)
- [Sailor Climb](#)
- [Monkey Climb / Upside Down Climb](#)
- [Straddle Climb / Legless Climb](#)

### Footlocks -

- [Basic Footlock / Eight Lock](#)
- [Double Footlocks](#)
- [Air Basic Footlock](#)
- [Air Dancer Locks](#)
- [Open Footlock](#)
- [Tension Footlocks and Splits](#)

### **SKILLS IN BASIC FOOT LOCK:**

- [Hip Lean](#)
- [Front & Back Stag](#)
- [Candy Cane Roll Up](#)
- [Candy Cane Roll Up with Lay Out](#)
- [Vertical Split / Pixie Split](#)
- [Single Knee Hang / Clothesline](#)
- [Oversplit](#)
- [Knee Hang \(from Pixie Split\)](#)
- [J Drop / Arrow Drop](#)
- EXTRA: [Hip Key from Open Footlock](#)

### **SKILLS IN SINGLE FOOTLOCK:**

- [Rebecca Split / Scorpion Split](#)
- [Rebecca Split into Ankle Hang / Vertical Hang](#)
- [Music Box / Single Footlock Roll Up](#)
- [Music Box Split](#)
- [Inverted Rebecca Split / Inverted Scorpion Split](#)
- [Lasso Split](#)
- [Single Footlock Roll Up to Coffin](#)
- [Corkscrew](#)
- [Single Thigh Hitch Roll Up](#)
- [Arabesque](#)
- [Middle Splits](#)
- [J Drop / Arrow Drop from Crossback Straddle](#)
- [Frogman Drop](#)
- [Single Knee Hang to Single Ankle Hang](#)

### **SKILLS IN DOUBLE FOOTLOCKS:**

- [Splits & Split Roll Up](#)
- [Tuck and Roll](#)
- [Tear Drop Roll Up](#)
- [Crossback Pullover to Split](#)

## **Crossback Straddle Entrances -**

- [From the "X" / The Hulk](#)
- [From Step Up Entrance](#)
- [From Beeman Sit](#)
- [From Split Roll Up](#)
- [From Georgia Twist](#)
- [From Emma Sit](#)
- [From Crouching Arabesque](#)
- [From Split and Twist](#)

## **Belay Entrances -**

- [Belay from Single Footlock](#)
- [Belay from Single Footlock, #2](#)
- [Belay from Single Footlock, #3](#)
- [Belay from Cat's Cradle](#)
- [Belay from Crossback Straddle](#)
- [Bypass Belay](#)
- [Over Split from Belay](#)

## **Body Wraps**

### **Double Crochet, Double Crucifix -**

- [Double Crochet, Double Crucifix \(basic\)](#)
- [Double Crochet, Double Crucifix Various Entrances](#)

### **Hip Keys -**

- [Hip Keys](#)
- [Lazy Hip Key](#)
- [Hip Key from Russian Climb](#)
- [Hip Key from Big Russian](#)
- [Russian Climb to Thigh Hitch](#)

- [Hip Key Swing Seat](#)
- [Reverse Exit from Swing Seat](#)
- [Hip Key Swing Seat with Shin Roll Up](#)
- [Hip Key Swing Seat from Knee Wrap](#)
- [Hip Key with Leg Wrap](#)
- [Hip Key Seat Belt](#)
- [Big Russian to Hip Key Thread Thru](#)
- [Big Russian Thread Thru to Thigh Hitch](#)
- [Big Russian to Stag](#)
- [Hip Key Lay Out](#)
- [Hip Key Roll Up](#)
- [Hip Key Roll Out](#)
- [Hip Key Hip Hop](#)
- [Hip Key Hip Hop to Swing Seat](#)
- [Hip Key from Thigh Hitch](#)
- [Hip Key from Opposite Side Knee Hook Climb](#)
- [Hip Key from Double Crochet, Double Crucifix](#)
- [Hip Key from Double Crochet](#)
- [Hip Key from Front Balance](#)
- [Hip Key from Thigh Wrap](#)
- [Hip Key with Knee Thread Thru \(secretary seat\)](#)
- [Secretary Seat to Sail](#)
- [Secretary Seat Roll Up](#)
- [Crescent Roll](#)

## [Open and Closed Wraps](#)

- [Scorpion from Open Wrap](#)
- [Closed Wrap Swing Seat](#)
- [Angel Hang](#) - from OS Knee Hook
- [Floating Leg Wrap](#) - from SS Knee Hook
- [Open Wrap from Meathook Swivel](#)
- [Open Wrap from Center Straddle](#)

## **S Wraps -**

- [Flamenco Grip](#)
- [S Wrap from Flamenco Grip](#)
- [S Wrap from Same Side Knee Hook](#)
- [S Wrap from Leg Wrap](#)

- [S Wrap from Double Leg Wraps](#)
- [S Wrap from Arabesque \(footlock\)](#)
- [S Wrap from Russian Climb](#)
- [S Wrap from Center Straddle](#)
- [S Wrap from Meathook Swivel](#)
- [S Wrap Swing Seat](#)
- [Windmill](#)
- [Wheeldown](#)
- [“Sneaky” Windmill](#) from Opposite Side Knee Hook
- [Fred Deb Windmill](#)

### **Double Leg Wraps -**

- [Double Scorpion](#) (into Dancer’s Locks)
- [Double Scorpion to Stag Split](#)
- [Double Leg Wraps into Crossback Straddle](#)
- [Double Ankle Hang](#)

### **Knee Lock -**

- [Knee Lock](#)
- [Knee Lock Plank](#)
- [Knee Lock from Hip Key](#)
- [Knee Lock to Bird’s Nest Thread Thru](#)
- [Knee Lock to Hip Key \(Twisty Entrance\)](#)

### **Single Leg Wrap -**

- [Knee Hang](#)
- [Knee Tangle](#)
- [Leg Wrap Seat](#)

### **Belays -**

- [Belay from Russian Climb](#)
- [Belay from Single Foot Wrap](#)
- [Miracle Belay](#)
- [Hip Key Belay](#)
- [Swish Swish Belay](#)
- [Foot Scoop Belay](#)

- [Knee Belay from Double Crucifix](#)

## Alternative Wraps & Moves -

- [Iron Cross](#)
- [Flag](#)
- [Flag Fly](#)
- [Front Balance](#)
- [Back Balance](#)
- [Miracle Split](#)
- [Front Lever](#)
- [Front Balance to Hip Key](#)
- [Front Balance to Thigh Hitch](#)
- [Front Balance Transitions](#)
- [Front Balance to Back Dive](#)
- [Vertical Splits](#) (2 different entrances)
- [Knot from the Air](#) (make a knot with your feet)
- [Figure 8 Lock Wrap](#)
- [Saddle Seat](#)
- [The Hip Hop](#)
- [Hip Hop Handstand](#) (2 different entrances)
- [Reverse Thigh Lock](#)
- [S Wrap to Reverse Thigh Lock](#)
- [Pocket Lock to Open Wrap](#)
- [Stirrups Splits](#)
- [Infinity Seat](#)

## Drops

- [Double Scorpion \(full monty\)](#)
- [J Drop \(arrow drop\)](#)
- [360 \(fallen angel\)](#)
- [360 Drop Entrance Variations](#)
- [360 from Crossback Straddle](#)
- [Thigh Slack Drop](#)
- [Rebecca Split Salto \(front dive from rebecca split\)](#)
- [Rebecca Split Salto into Belay](#)
- [Airplane](#)
- [Swing Seat Slip](#)
- [Criss Cross and Drop](#)

- ❑ [Candy Cane Roll Up and Dive](#)
- ❑ [Front Dive from Hip Key](#)
- ❑ [Front Dive from Closed Wrap](#)
- ❑ [Closed Wrap Pike Drop](#)
- ❑ [Secretary Safety Drop](#)
- ❑ [Big Russian Slack Drop](#)
- ❑ [Candy Cane Drop \(Bomb Drop, Knee Drop\)](#)
- ❑ [Infinity Drop](#)
- ❑ [Open Thigh Lock \(3 Entrances into Infinity Drop\)](#)
- ❑ [Hip Key Leg Wrap Dive](#) (Peter Pan Drop, Elsie Drop)
- ❑ [Hip Key Swing Seat with Knee Drop](#)
- ❑ [Single Star Drop](#) (and Variations)
- ❑ [Split Silk Star Drop](#)
- ❑ [Tumble Drop](#)
- ❑ [Gazelle Switch Drop](#)
- ❑ [Figure 8 Lock Drop](#)
- ❑ [Cartwheel Dive](#)
- ❑ [Cartwheel Drop](#)
- ❑ [Back Dive](#)
- ❑ [Hip Hop into Back Dive](#)
- ❑ [Center Straddle into Back Dive](#)
- ❑ [Back Dive into Front Dive](#)
- ❑ [Front Dive into Back Dive](#)
- ❑ [Hip Key Thread Over and Dive](#)
- ❑ [Double Knee Hang to Crucifix](#)
- ❑ [Leg Loops to Wrist Drop](#) (crotch flower, mickey mouse)
- ❑ [Around the World Drop](#)
- ❑ [S Wrap Swivel Star](#)
- ❑ [Hip Key Roll Up Star Drop](#)
- ❑ [S Wrap Front Dive](#) (psycho star)
- ❑ [S Wrap Star Drop](#) (3 entrances)
- ❑ [Open Wrap Back Dive to Windmill](#)

## Sequences

*[go here for the complete list of Sequences available on Kama Fit TV.](#)*

## Conditioning

*[go here for the complete list of Conditioning Drills available on Kama Fit TV.](#)*

- ❑ [Complete Body Warm Up](#)

- [Aerial Shoulders Warm Up](#)
- [Foam Rolling Routine](#)
- [Pull Up Bar Work Out](#)
- [Grip Strength](#)
- [Aerial Abs \(using floor gliders\)](#)
- [Core Conditioning at Home](#)
- [Foam Roller Abs Workout](#)
- [Aerial Pilates Plank Workout](#)
- [Wrist Locks Conditioning](#)
- [Trapeze Conditioning](#)
- [Pull Up Bar Conditioning](#)
- [Hip Key Conditioning](#)
- [Hip Key Conditioning, Part 2](#)
- [Crossback Straddle Conditioning](#)
- [Straddle Up Conditioning](#)
- [Meathook Conditioning](#)
- [Aerial Drops Conditioning \(windmills and star drops\)](#)
- [Windmill Conditioning](#)
- [Straight Arm Inversions](#)
- [Flexibility on the Floor](#)



