

Introductory Aerials

Aerials	Drop	Lift	Balance
Stage 1	Positioning	Preparation - IBP	Centre/Counter
Stage 2	Hold Yourself!	How to Jump/Lift	Working to Partner
Stage 3	Straight vs. Curl	How to Land	Side Dip
Stage 4	Shoulder Curl	Knee Hops	Side Lift
Stage 5	Dead Man's Drop	Throw Out	Double Dip

