

AEROSkools 2009 Skills

Level 1

Group Skill	Modified Version
1. SS Pike or Straddle Press	Bottom raised
2. DS Push-up wide or Triceps Push up	Performed on knees
3. JLP Straight and tuck jump (linked together)	
4. JLP Air Jack	
5. JLP Split Leap	Stride Leap
6. F/B Straddle sit chest forward or Sagital or Frontal Splits	Straddle sit upright
7. F/B 1/2 turn (180) pivot	

Level 2

Group Skill	Modified Version
1. SS Pike or Straddle Press	Bottom raised
2. DS Triceps Push up	
3. JLP Tuck jump ½ turn	
4. JLP 1/1 Air turn	
5. JLP Split Leap	Stride Leap
6. JLP Low squat to Push up	Step/Lunge down to push up
7. F/B Straddle sit chest forward or Splits	
8. F/B 1/1 turn (360) pivot	

Level 3

Group Skill	Modified Version
1. SS Pike or Straddle Press	Bottom raised
2. DS 1 leg Hinge Triceps Push up	Tricep Push up
3. JLP Tuck jump 1/1 turn	
4. JLP Straddle Jump or Wolf Jump	Air Jack/1/1 Turn Jump
5. JLP Switch Change Leap	Split Leap
6. JLP Tuck Jump to Push up	Low squat to Push Up
7. F/B Sagital or Frontal Splits	
8. F/B 1.5 turn pivot	
9. F/B Free Vertical Split	Vertical Split

KEY:

SS = Static Strength

JLP = Jumps, Leaps / Power

DS = Dynamic Strength

F/B = Flexibility/Balance