

## RECAP AERIAL CONCEPT

Exploring different concepts to influence us  
in developing our techniques when training others

How to bring different techniques support each other in the same concept, like balance, leverage, dynamics, inversions, drops.

Different ways of exploring movement, looking at tricks differently, using different props by finding out more about different concepts.

How to spot, ensuring they work within their skill level when exploring rhythm.

Knowing when to allow students to work independently.

Knowing levels in progressions and when they know longer need.

### What other topics:

- The different concepts that came up in group
  - o Spotting
  - o Opinions on what concepts are

Topic: Rhythm

- Slowing downs, beat, slowmotion, body beats, equipment beats; combine

Topic: Leverage

- Trying to find tricks with this topic on trapeze:
  - o The lever: getting up to sit on bar
  - o Upsidedownflag backward
  - o Seesaw (doubles)
  - o Swapping roles: knee hang change

Topic: drops, emotion, strength, flexibility, characters.