



# Progressive Aerials

The Cool Cats progressive aerials program of courses is structured to further develop the skills acquired in our Basic Aerials short course. Completion of the short course (or equivalent content in general classes) is required prior to commencement, although participation is casual.

The program is organised in 6 week blocks of related or complementary liftwork, with the sixth week focusing on revision and/or compounding. The full program is designed to be completed over a 6 month period.

## Block 1 – Drops & Slides

Progression	Advanced
2-Hand Drop, Man's Knee Slide	Double Drop, Swing Through
Slide-Through / The Swing	Twister
Monkey Slide	The Hook
Face-Smacker	Turn & Slide
Floor Spin	Swish / Double Swish
Revision and Compounding	

## Block 2 – From the Side

Progression	Advanced
Crucifix	Side to Side Flip
Baby Behind the Back	Fly By Night
Cockroach	Baby Straddle
Superbaby	Rotation, Rotor
Kick-Kicks	Rollerblind
Revision and Compounding	

## Block 3 – Momentum

Progression	Advanced
Double Straddle	Straddle Side to Side
Blow Torch	Turning Straddle
Roll-Over	The Snake
Hip Toss	Shoulder Throw
Death Roll	Straddle → Death Roll
Revision and Compounding	

## Block 4 – Up & Over

Progression	Advanced
Totem	The Pike
Cartwheel	The Clock
Pile Driver	Jack-Knife
Back Flip	Off the Shoulder
The Hulk	Fly-Over
Revision and Compounding	