

Christopher Harrison's AntiGravity®
Aerial Yoga 2 Teacher Training
COURSE DRILL SHEET

GWT "Dynamic Movement":

PouchWrap
HeelTrap
LongSkirtWrap
PushGripWide
PushGrip
ReverseGripHigh
PushPullGrip
FrontBeltWrap
BackWrap
DoubleWristWrap in Front
ReverseAnkleTrap
DoubleReverseAnkleTrap
DoubleReverseAnkleTrap Seated
OverHandPullGrip
OverHandPullGripWide
ReverseGripUnder
BackWrapUpwardRollGrip
BackBeltDoubleThighWrap

GWT "Energy Expansion":

ArchWrap
DoubleArchWrap
OpenHammockReverseGrip (sleeves)
OpenHammockBasicGrip
KneelingDiamondWrap
Cocoon
PouchWrap
LongSkirtWrap
InwardRollPrayerWrap
BackWrap
BackWrapReverseStrike
FrontBeltWrap
ReverseGripUnder
CapeWrap
CapedBootyWrap
PodWrap
ReverseGripHigh
BellyWrap
BackWrapUpwardRollGrip
ReverseAnkleTrap
DoubleReverseAnkleTrap
ReverseAnkleGroinTrap
SkirtWrap
Chaps

BasicGrip
 ReverseGrip
 TripStep
 ChrisCrossStandTrap

DRILLS, MOUNTS & DISMOUNTS:

Pouch Mount
 ReverseAnkleTrap Mount
 Glider Mount, Flamingo Mount or Tension Mount
 BackBelt Mount
 Saucer Mount or Table Top Mount
 Dismount Front Flip
 Mothership Dismount
 Inverted Tuck
 Monkey Swinging Sit Up (to Horseshoe)

SPOTTING:

LongSkirtWrap Inversion

From Inverted Yoda to Skirted Monkey

Alignment & Safety:

 Tension in ankles, legs wide, and feet back towards face.

BackBeltWrap Inversions

Safety:

 LegLock Spot - Narrow Knees Through Center, WrongSideWrap, HopeWrap

 Chin to Chest Spot - Disoriented Focus

ReverseAnkleTrap Spot

Safety:

 In the situation where the student has trouble keeping their balance while executing Flamingo/Glider/Tension Mount, the instructor can offer a steadying hand by standing in front or to the side of the student. This spot can also be used during the course of any ReverseAnkleTrap exercise, not just when they are using a mount. A hand or even a chair can be used to help steady their balance.

North Star Moving Meditation

From Space Shuttle to Inverted Pod

Safety:

 Make sure Hammock is making a visor around the head and shoulders. For extra support, the instructor can also spot shoulders from in front as the student rolls down.

Valdez Pullover

Momentum Assist:

 Under the sacrum, but the student must already be capable of lifting the hips and tugging up.

Dew Drop

From Plum on High to Wizard

Momentum Assist:

Hands under shoulders to lift to sit.

From Side Wizard to Dew Drop

Safety:

Spot shoulders from in front as the student rolls down.

Cowboy Flip

From Horseshoe to Chaps

Momentum Assist:

Hands under shoulders to lift to sit.

From Chaps

Safety:

Modify by doing Cowboy Roll Down instead. For extra support, the instructor can also spot shoulders from in front as the student rolls down.

Swinging

Swinging Cannonball / FrontBelt Scorpion / Bird's Nest Swings

Verbal Spots:

Cue what is happening on the front swing, on the back swing, where to land, and the whole group going together.