



SKILLS ON OFFER AT NTP 2021

Active Flexibility	Incorporating mobility and active movement to increase range of motion and strength.
Adagio	Advanced class only. If you have chosen to specialise in adagio, you will need to bring a partner to work with to get the best out of the class, otherwise you will be put into the general pyramids class where you will do a range of group balances including basic partner work.
A-Ring/Lyra	Beginner / Intermediate / Advanced
Chinese Pole	Beginner / Intermediate / Advanced
Static Cloudswing	Beginner / Intermediate / Advanced
Clowning	Playfulness, physical comedy and improvisation
Handstands	Beginner / Intermediate / Advanced
Hoop Diving	Beginner / Intermediate / Advanced
Hula Hoop	Beginner / Intermediate / Advanced
Juggling	Beginner / Intermediate / Advanced
Pyramids	Group balances
Rope/Corde Lisse	Beginner / Intermediate / Advanced
Straps	Beginner / Intermediate / Advanced
Teeterboard	Intermediate & Advanced Classes Only. Teeterboard participants should sign up for at least 1 trampoline class to enhance their teeterboard training.
Tissu	Beginner / Intermediate / Advanced
Trampoline	Beginner / Intermediate / Advanced
Tramp Wall	Beginner / Intermediate / Advanced
Static/Double Trapeze	If you choose to specialise in double trapeze it is preferable that you come to the project with a partner to get the most out of the training.
Tumbling	Beginner / Intermediate / Advanced

SKILL LEVELS EXPLAINED

The below skill levels are a good gauge as we schedule your sessions. You don't have to be able to do all of the skills, you just need to have a good understanding of each. Not all the skills on offer are listed here, only the skills that need skill level separation.

	BASIC	INTERMEDIATE	ADVANCED
ADVANCED ADAGIO / PYRAMIDS	PYRAMIDS ONLY <ul style="list-style-type: none"> Basic partner work – candles, bird on feet, thigh stand <i>Partner not required</i>	PYRAMIDS ONLY <ul style="list-style-type: none"> Standing on shoulders Hand to handstand Combination of 2 high mounts <i>Partner not required</i>	ADVANCED ADAGIO & DUO/TRIO PYRAMIDS <ul style="list-style-type: none"> Competent – 2 high Standing in hands Hand to Hand Head to Head One arm handstand on head <i>You need an existing partner</i>
A-RING/LYRA	<ul style="list-style-type: none"> 2 x Chin ups Bird balance Hang by hands & knees 	<ul style="list-style-type: none"> Good flexibility in shoulders, back & legs Assisted toe & heel hangs Back balance 	<ul style="list-style-type: none"> Heel & toe hangs Pike lift to bird pull over (no temp)
CHINESE POLE	<ul style="list-style-type: none"> Climb half pole Sit Assisted plunge	<ul style="list-style-type: none"> Climb full pole 2 arm plunge Knee hook Turn upside down 	<ul style="list-style-type: none"> One arm plunge Upside down slide Knee hook drop
CLOUDSWING	<ul style="list-style-type: none"> 3 x chin ups 2 x skin the cat 1 x pike leg to bar 	<ul style="list-style-type: none"> 5 x chin ups 5 x skin the cat 5 x pike to bar Climb rope Trapeze tempos – stand to sit Knee hand temps 	<ul style="list-style-type: none"> 10 x chin ups 10 x skin the cat 10 x pike to bar Combination rope climbs Toe or heel hang on trapeze
HANDSTANDS	<ul style="list-style-type: none"> 15 sec dish on floor 30 sec front support kick up to handstand	<ul style="list-style-type: none"> 30 sec dish on floor 1.5 min front support 5 x tuck jumps to handstand 15 sec freestand 1 min handstand on wall 	<ul style="list-style-type: none"> 2 min handstand on wall Press to handstand and hold 1 min
TEETERBOARD	<i>No basic teeterboard class offered</i>	<ul style="list-style-type: none"> High level bouncing Back sault off board Back sault off board with running push Back sault back on board with lunge 	<ul style="list-style-type: none"> Back sault back on board no lunge Double back sault off Front sault over board to reverse Able to run up and push high level tricks
ROPE/TISSU	<ul style="list-style-type: none"> 2 x chin ups un-assisted 2 x straddle lifts (lifting legs over head whilst hanging) unassisted Able to hold a front and back dish on the floor for 30secs 	<ul style="list-style-type: none"> 2 x full length climb 5 x chin ups 5 x straddle lifts 3 x skill sequences on the tissu or rope Competent at basic skills – hip lock, catchers, knee climb 	<ul style="list-style-type: none"> 10 x chin ups 10 x straddle lifts Existing full routine Full length drops & rolls Non-standard climbs
TRAMPOLINE	<ul style="list-style-type: none"> Low straight jumps Tuck jumps Straddle jumps 	<ul style="list-style-type: none"> Standing twists Lying twists Front sault into pit Back sault into pit 	<ul style="list-style-type: none"> Front & back sault back onto tramp Layout Double sault into pit
TUMBLE	<ul style="list-style-type: none"> Forward roll Cartwheel Kick up h/s roll 	<ul style="list-style-type: none"> Head spring Round off Assisted backflip 	<ul style="list-style-type: none"> Round off Backflip, sault, layout Running front sault