



SKILLS ON OFFER AT NTP 2022

Active Flexibility	Incorporating mobility and active movement to increase range of motion and strength.
Adagio/Hand to Hand	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
Cloudswing	Beginner / Intermediate / Advanced
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 one trampoline class to enhance their teeterboard training.
Tissu/Aerial Silks	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 NTP with a partner to get the most out of the training.
Tumbling	Beginner / Intermediate / Advanced Creative tumbling

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 unassisted • 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