

SKILLS ON OFFER AT NTP 2023

Active Flexibility & Pilates	Incorporating mobility and active movement to increase range of motion and strength.
Acro/Pyramids	Beginner/ Intermediate / Advanced
Aerial Hoop/Lyra	Beginner / Intermediate / Advanced
Handstands	Beginner / Intermediate / Advanced
Chairs	Beginner / Intermediate / Advanced
Hula Hoop	Beginner / Intermediate / Advanced
Juggling	Beginner / Intermediate / Advanced
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
Swinging Trapeze	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

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 the elements of the level, 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
ACRO/PYRAMIDS	<ul style="list-style-type: none"> • Basic partner work – candles, bird on feet, thigh stand 	<ul style="list-style-type: none"> • Standing on shoulders • Hand to handstand • Combination of 2 high mounts 	<ul style="list-style-type: none"> • Competent 2-high • Standing in hands • Hand to Hand / Head to Head • One arm handstand on head
AERIAL HOOP/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)
HANDSTANDS / CHAIRS	<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"> • Can hold one handed handstand (or working to it) • Variety of handstands in different shapes (Chairs)
STRAPS	<ul style="list-style-type: none"> • 5 chin ups • 5 skin the cats 	<ul style="list-style-type: none"> • 5 chin ups • 5 skin the cats • Holding support 10 seconds • Holding meat hook, 5 seconds 	<ul style="list-style-type: none"> • Short arm tempo • Long arm tempo • Back Fly • Back plunge
TEETERBOARD	<i>No basic teeterboard class offered</i>	<ul style="list-style-type: none"> • Knowledge of deadboard, spotting, & jumping positions • Side switch (L/R), back switch • High level jumping • <i>Backsaults exit a bonus</i> 	<ul style="list-style-type: none"> • Back sault back on board, no lunge • Linked backsaults • Twisting single somersault • Experienced with flies/overs • 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"> • Controlled straight jumps • Tuck/pike/straddle positions • Hands & Knees seatdrop/front drop/back drop (w/twists in & out of) 	<ul style="list-style-type: none"> • Controlled somersaults forward & backward • Linked somersaults • Twisting single somersaults • Somersaults to back and front 	<ul style="list-style-type: none"> • Controlled double somersaults forward and back • Controlled multiple twisting single somersaults. • Twisting double somersaults
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