

**SKILLS ON OFFER AT NTP 2024**

<b>Active Flexibility</b>	Make your muscles stronger to support an increased range of motion.
<b>Group Acrobatics</b>	Beginner/ Intermediate / Advanced
<b>Aerial Hoop/Lyra</b>	Beginner / Intermediate / Advanced
<b>Cloud Swing</b>	Beginner / Intermediate / Advanced
<b>Handstands</b>	Beginner / Intermediate / Advanced
<b>Hoop Diving</b>	Beginner / Intermediate / Advanced
<b>Hula Hoop</b>	Beginner / Intermediate / Advanced
<b>Juggling</b>	Beginner / Intermediate / Advanced
<b>Chinese Pole</b>	Beginner / Intermediate / Advanced
<b>Rope/Corde Lisse</b>	Beginner / Intermediate / Advanced
<b>Straps</b>	Beginner / Intermediate /Advanced
<b>Teeterboard</b>	Intermediate & Advanced classes only. Teeterboard participants should sign up for at least one trampoline class to enhance their teeterboard training.
<b>Tissu/Aerial Silks</b>	Beginner / Intermediate / Advanced
<b>Trampoline</b>	Beginner / Intermediate / Advanced
<b>Tramp Wall</b>	Beginner / Intermediate / Advanced
<b>Static Trapeze</b>	Beginner / Intermediate / Advanced
<b>Double Trapeze</b>	If you choose to specialise in double trapeze it is preferable that you come to NTP with a partner.
<b>Tumbling</b>	Beginner / Intermediate / Advanced

## SKILL LEVELS EXPLAINED

A guide to help us schedule your personal NTP journey. 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.

	BEGINNER	INTERMEDIATE	ADVANCED
<b>ACTIVE FLEXIBILITY</b>	<i>These classes cater for all levels</i>		
<b>GROUP ACROBATICS</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Basic partner work – candles, bird on feet, thigh stand</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Standing on shoulders (2-high)</li> <li><input type="checkbox"/> Standing in hands</li> <li><input type="checkbox"/> 3 person balances</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Competent 2-high, multiple mounts</li> <li><input type="checkbox"/> 3-high experience</li> <li><input type="checkbox"/> Hand to Handstand</li> <li><input type="checkbox"/> Combinations</li> </ul>
<b>AERIAL HOOP/LYRA</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 2 x Chin ups</li> <li><input type="checkbox"/> Bird balance</li> <li><input type="checkbox"/> Hang by hands &amp; knees</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Good flexibility in shoulders, back &amp; legs</li> <li><input type="checkbox"/> Assisted toe &amp; heel hangs</li> <li><input type="checkbox"/> Back balance</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Heel &amp; toe hangs</li> <li><input type="checkbox"/> Pike lift to bird pull over (no tempo)</li> </ul>
<b>CLOUD SWING</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 3 x chin ups</li> <li><input type="checkbox"/> 2 x skin the cat</li> <li><input type="checkbox"/> 1 x pike leg to bar</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 5 x chin ups</li> <li><input type="checkbox"/> 5 x skin the cat</li> <li><input type="checkbox"/> 5 x pike to bar</li> <li><input type="checkbox"/> Climb rope</li> <li><input type="checkbox"/> Trapeze tempos – stand to sit</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 10 x chin ups</li> <li><input type="checkbox"/> 10 x skin the cat</li> <li><input type="checkbox"/> 10 x pike to bar</li> <li><input type="checkbox"/> Combination rope climbs</li> <li><input type="checkbox"/> Toe or heel hang on trapeze</li> </ul>
<b>HANDSTANDS</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 15 second dish on floor</li> <li><input type="checkbox"/> 30 second front support</li> <li><input type="checkbox"/> Kick up to handstand</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 30 second dish on floor</li> <li><input type="checkbox"/> 1.5 minute front support</li> <li><input type="checkbox"/> 5 x tuck jumps to handstand</li> <li><input type="checkbox"/> 15 second freestanding handstand</li> <li><input type="checkbox"/> 1 minute handstand against wall</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Can hold one-handed handstand (or working on it)</li> <li><input type="checkbox"/> Variety of handstands in different shapes (Chairs)</li> </ul>
<b>TUMBLING HOOP DIVING</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Forward roll</li> <li><input type="checkbox"/> Cartwheel</li> <li><input type="checkbox"/> Kick up h/s roll</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Head spring</li> <li><input type="checkbox"/> Round off</li> <li><input type="checkbox"/> Assisted backflip</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Round off</li> <li><input type="checkbox"/> Backflip, sault, layout</li> <li><input type="checkbox"/> Running front sault</li> </ul>
<b>HULA HOOP</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Waist, arm revolutions</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Indefinite waist revolutions</li> <li><input type="checkbox"/> Separations</li> <li><input type="checkbox"/> Some combinations</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Solid 3 hoop separations</li> <li><input type="checkbox"/> Solid combinations and sequences</li> </ul>
<b>JUGGLING</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Enthusiasm</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Solid three ball patterns</li> <li><input type="checkbox"/> Solid 3 clubs</li> <li><input type="checkbox"/> Working on numbers OR</li> <li><input type="checkbox"/> Working on combinations and patterns</li> <li><input type="checkbox"/> Working on passing techniques</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Solid numbers (4 and 5 balls and/or clubs)</li> <li><input type="checkbox"/> Solid passing</li> <li><input type="checkbox"/> Complex patterns and combinations</li> </ul>
<b>POLE</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Enthusiasm</li> <li><input type="checkbox"/> Upper body strength</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Climb pole to top</li> <li><input type="checkbox"/> Climbing variations</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Climbing variations</li> <li><input type="checkbox"/> Static holds/handstands</li> <li><input type="checkbox"/> Drops</li> </ul>
<b>ROPE/CORDE LISSE TISSU/AERIAL SILKS</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 2 x chin ups unassisted</li> <li><input type="checkbox"/> 2 x straddle lifts (lifting legs over head whilst hanging) unassisted</li> <li><input type="checkbox"/> Able to hold a front and back dish on the floor for 30 seconds</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 2 x full length climbs</li> <li><input type="checkbox"/> 5 x chin ups</li> <li><input type="checkbox"/> 5 x straddle lifts</li> <li><input type="checkbox"/> 3 x skill sequences on the tissu or rope</li> <li><input type="checkbox"/> Competent at basic skills – hip lock, catchers, knee climb</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 10 x chin ups</li> <li><input type="checkbox"/> 10 x straddle lifts</li> <li><input type="checkbox"/> Existing full routine</li> <li><input type="checkbox"/> Full length drops &amp; rolls</li> <li><input type="checkbox"/> Non-standard climbs</li> </ul>

<b>STRAPS</b>	<input type="checkbox"/> 5 chin ups <input type="checkbox"/> 5 skin the cats	<input type="checkbox"/> 5 chin ups <input type="checkbox"/> 5 skin the cats <input type="checkbox"/> Holding support 10 seconds <input type="checkbox"/> Holding meat hook, 5 seconds	<input type="checkbox"/> 10 chin ups <input type="checkbox"/> 10 skin the cats <input type="checkbox"/> Meat hook combinations <input type="checkbox"/> Back Flag <input type="checkbox"/> Back planche
<b>TEETERBOARD</b>	<i>No basic teeterboard class offered</i>	<input type="checkbox"/> Knowledge of deadboard, spotting, & jumping positions <input type="checkbox"/> Side switch (L/R ), back switch <input type="checkbox"/> High level jumping <input type="checkbox"/> <i>Backsaults exit a bonus</i>	<input type="checkbox"/> Back sault back to board, no lunge <input type="checkbox"/> Linked backsaults <input type="checkbox"/> Twisting single somersault <input type="checkbox"/> Experienced with flies/overs <input type="checkbox"/> Able to run up and push high level tricks
<b>TRAMPOLINE</b> <b>TRAMP WALL</b>	<input type="checkbox"/> Controlled straight jumps <input type="checkbox"/> Tuck/pike/straddle positions <input type="checkbox"/> Hands & Knees seat drop/front drop/back drop (with twists in & out)	<input type="checkbox"/> Controlled somersaults forward & backward <input type="checkbox"/> Linked somersaults <input type="checkbox"/> Twisting single somersaults <input type="checkbox"/> Somersualts to back and front	<input type="checkbox"/> Controlled double somersaults forward and back <input type="checkbox"/> Controlled multiple twisting single somersaults. <input type="checkbox"/> Twisting double somersaults
<b>STATIC TRAPEZE</b>	<input type="checkbox"/> 2 x Chin ups <input type="checkbox"/> Bird balance <input type="checkbox"/> Hang by hands & knees	<input type="checkbox"/> Good flexibility in shoulders, back & legs <input type="checkbox"/> Assisted toe & heel hangs <input type="checkbox"/> Back balance	<input type="checkbox"/> Heel & toe hangs <input type="checkbox"/> Pike lift to bird pull over (no tempo)
<b>DOUBLE TRAPEZE</b>	<input type="checkbox"/> Catchers <input type="checkbox"/> Tuck to basket	<input type="checkbox"/> A partner <input type="checkbox"/> Double Swan (Bunch of Bananas) <input type="checkbox"/> Different base positions (eg. sit bearing)	<input type="checkbox"/> A partner <input type="checkbox"/> Working on release moves <input type="checkbox"/> Complex Combinations <input type="checkbox"/> Attention to transition moves