

# POWER SILKS!

**Duration:** 90 Minutes

**Difficulty:** Advanced

**Prerequisites:** Flat Splits, Straight Leg Inversions, Single-arm Meathooks

**Idea Words:** Power, Strength, Tricks, Crowd-pleasers, Progressions, Control

## Workshop Intentions:

Challenge students, push out of comfort zone

Break progressions down well enough that students see progress on each element (even small)

Discuss where performance-level moves should be

**Description:** This is Brandon's most requested workshop! In this two hour class, students will learn the next progressions in working toward Brandon's most difficult and well known tricks, including wrist-lock skills, rollups (chest and angel), balance splits, and back-catch drops. Because of the nature of these skills, students should be at least at intermediate level, with the ability to invert at the top of the fabric, show decent leg/back flexibility, and endure in the fabric for at least 5 minutes at a time.

## Itinerary:

15 Min Warm up

Shoulders and Chest

Pike Compression

Splits

15 Min Single-Arm Sequencing

Guitar Climb

Wrist Lock

Flag, Birdsnest

Wrist Lock Split

Meathooks

Reverse Meathooks

15 Min Balance Splits

Flexed Double Stag

Triple Wrap Splits

Straddle Balance

Dancer Footlocks w/ Twist

Dancer Footlocks

Descent and Ascent

Splinning

15 Min Chest Rollups

Wrap from Floor

Static holds, and swinging

Mat Drill

Wrap from Air

15 Min Back Catch Drops

Back Salto

Double Salto

Double Backflip

15 Min Angel Rollups

Box Split entrance

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90 Min Total