

Silks 2.0 Pass-offs

Climbs

- Standard/aerial wrap climb on each side
- Russian climb on each side

Foot Locks

- Aerial single foot lock
- Aerial double foot locks

Skills

- Split-silk straight and bent arm hold 10 seconds
- Controlled standing invert (sides and center)
- Standing hip key

Moves

- Inverted shapes - pencil, split/stag, fang/varekai
- Cross back straddle

Silks 3.0 Pass-offs

Climbs

- Inside & outside invert climbs

Foot Locks

- Egg beater foot lock

Skills

- Catchers wrap
- Hip key sequence - cupid, secretary, layout
- Flamenco to arabesque

Moves

- Crucifix
- Scorpion / Creature
- Upright tornado spin
- Single star drop