

**Own Your Flying
Flyer Booklet
#Burnthelines**

Cover Page

Name:	
Date:	
D.O.B.:	
Relevant Experience:	
Started Flying:	
OOL Date:	
Level:	
City:	
Dominant Hand:	
Dominant Leg:	
Face Off Direction:	

Philosophy

A letter from the creators

Welcome to the amazing and incredibly addicting world of Flying Trapeze! The term “Own Your Flying” is something so fundamentally important for any flying trapeze student or performer. “Own Your Flying” means to feel completely in control and have a strong understanding of the skills and tricks that you own. We want to teach you how to be completely comfortable on a flying trapeze and love hitting that net!

The purpose of this booklet is to inspire progression and guide you through the levels. The progressions and requirements are what we believe are necessary for what someone needs to achieve to move up. We NEVER hold anyone back and ALWAYS strive to better the student hoping that one day they will surpass the coach and become the strong, INDEPENDENT flyer that everyone has the potential to be.

Every student that walks into the space has the potential to become a professional flyer one day, regardless of initial ability, strength, determination, etc. , just as any Karate student has the potential to become a black belt. Every student will be taught the same way and every student will progress at a different rate. If a Karate student has remained a white belt for several years (for any reason), the Sensei does not manipulate the student into a move that he or she may not be ready to learn on their own simply because they believe the student may be getting bored, or should learn something new. This is also similar to gymnastics. Someone taking gymnastics classes who has remained a level one does not get a harness attached to them and get manipulated into a full twisting layout by somebody pulling them like a puppet. YES, lines are important for training on flying trapeze, just as a spotter is important for gymnastics; however, the spotter in gymnastics steps away eventually just as the TRAINING lines come off in flying trapeze. The lines are for training purposes, and just like training wheels, should come off when the flyer is ready.

The levels are simple in concept. A Novice Flyer has never swung out of training lines. An Intermediate Flyer is learning skills and tricks out of training lines. An Advanced Flyer has owned their flying, and can perform a base level of tricks to a caliber of performing in a circus. This means catching and returning with good form out of lines. The Advanced Level is what a student should strive to achieve, and anybody can get there.

The specifics of our training technique are ever adapting as we teach. As coaches, we are always learning from our students and are very open to conversing about coaching methods. The fundamental and core concept behind our vision has forever remained the same. EMPOWER the student. Guide the student to OWN THEIR FLYING. Never being afraid of hitting that net. And anything is possible. #BURNTHELINES

-DYLAN AND CLARA EHRENBURG

Table of Contents

Levels of Flying Trapeze -----	6-7
Flying Trapeze Skills -----	8
Flying Trapeze Tricks -----	9
Trampoline Skills -----	10
Bar Skills -----	11-14
Flying Trapeze Requirements Checklist -----	15-16
Flying Trapeze Goals -----	17
Flying Trapeze Tricks Log -----	18
Flying Trapeze Fitness Evaluation -----	19
Levels Certification Sheets -----	20-26
Flying Trapeze Skills – Fill Out -----	27-29
Notes -----	30-31

Levels of Flying Trapeze

S.F.T = Strength.Form.Technique

Novice Flyer:

You may have only had one class, or you fly every so often but have not yet formed the skills to swing without the training lines. Working on Novice skills.

- Flies in training lines

Intermediate Level 1:

Congratulations, you have burnt the lines! You are swinging out of training lines and aspiring to soon be able to throw a trick to the net without training lines.

- Can swing without training lines
- Completed Swinging out of lines requirements
- Completed Trampoline Level 5
- Completed Bar Strength Group 1 in under 5 minutes

Intermediate Level 2:

You're ready to throw your first trick without training lines! You have more skills without the training lines and you have become a more confident flyer. You're starting to own your flying.

- Completed requirements to throw a trick to the net out of lines

Intermediate Level 3:

You can catch a trick without training lines and are working on getting a consistent return without lines. You are also working on gaining more skills and throwing/catching more tricks.

- Completed Relevant Intermediate 2 skills
- Completed Requirements to catch a Group 1 Trick out of lines
- Can catch a Group 1 trick out of lines
- Completed Bar Strength Group 2 in under 5 minutes

Advanced Level 1:

You are now a trapeze artist and own your flying! You are now very confident about catching and returning without training lines. You can fly across to a catcher and return with ease. You could now fly in a circus with any of the group 1 or 2 tricks that you have learned. Working on more tricks and skills to up your flying to an even higher point.

- Completed relevant Intermediate 3 skills
- Can catch two 'FO' tricks and one 'PT' trick from Group 1 out of lines
- Can catch one trick from Group 2 out of lines
- Can return with ease out of lines

Advanced Level 2:

You are pushing your skills and tricks further. You have reached a higher point of fitness and strength to move your swing up higher and learn harder skills and tricks.

- Completed relevant Advanced 1 skills
- Can catch two Group 2 Tricks and One Group 3 Trick out of lines
- Completed Bar Strength Group 3 in under 5 minutes
- Can return with ease every time out of lines

Advanced Level 3:

You have reached the top tier of flying trapeze and are throwing big tricks and are catching these tricks regularly.

- Completed relevant Advanced 2 skills
- Can consistently catch three Group 3 tricks and one Group 4 trick out of lines
- Completed Bar Strength Group 4 in under 5 minutes

Professional Level:

It's all about style! You look good performing any of your tricks and can at least catch group 4 tricks. You are a paid professional.

- May catch a trick from Group 5
- Can execute all above levels with perfect form and showmanship (i.e. pointed toes, straight legs, legs together, styling, etc.)

Flying Trapeze Skills

A flyer of a certain level should be working on the bulleted skills

Novice:

(All in lines)

- Basic swing
- Front end knee hang
- Back end knee hang
- Unassisted one hand take off
- Pull on bar to let go
- Back drop
- Back tuck
- Turn around back drop
- Turn around stomach drop
- Catch
- Return
- Take off from riser

Intermediate 1:

(All without training lines)

- Swing with form (straight legs)
- Cradle from back drop
- Turn around back drop
- Back tuck
- Face off
- Take off from riser
- Send own bar to take off

Intermediate 2:

- Force out
- Use arms in swing
- Return to platform with scoop

Intermediate 3:

- Maintain height after three swings
- Straddle swing
- Turn turn off catcher
- Send return bar
- Return to platform without scoop
- Scoop somebody onto platform
- Pull riser
- Sexy back
- Numpty
- Salute
- Change hand turn around

Advanced 1:

- Build height in swing
- Two swing return drill
- Force out turnaround
- Straddle off board
- Tap turn
- Uprise
- Drop from uprise

Advanced 2:

- Half time uprise
- Reverse suicide
- Suicide
- Kip
- Swing shoulders to crane
- Back mount
- Force out return

Flying Trapeze Tricks

PT = Pull Through, FO = Face Off

Group 1:

- Knee Hang Release (PT)
- Straddle Release (FO)
- Splitz (FO)
- Planche (FO)
- Whip (FO)
- Gazelle (PT)
- Hocks Off (PT)
- Straddle Whip (FO)
- Toes Off (PT)
- Birdie (FO)
- Bat (FO)
- Heals Off (FO/PT)

Group 2:

- Half Turn (FO)
- Straight Jump (FO)
- Straddle Flip/Pelican (PT)
- Legs
- Penny Roll (PT)
- Galexus (FO)
- Reverse Gazelle (PT)
- Seats Off (FO)
- Full Turn (FO)
- Drive Splitz (PT)
- Drive Whip (PT)

Group 3:

- Layout (PT)
- Cutaway Half (PT)
- Shoot (FO)
- Shooting Star (FO)
- Drive (FO)
- Flexus (FO)
- Hip Circle (PT)

- Cutaway (FO)
- Planche-to-Legs
- Hocks-to-Legs
- Kip Half (FO)
- Stomach Under
- Full Twisting Straight Jump (FO)

Group 4:

- Double Tuck (PT)
- Forward Over (FO)
- Layout Full (PT)
- Shooting Star Forward Under (FO)
- 1.5 to legs (FO/PT)
- Hock Saulto (PT)
- Gazaulto (PT)
- Pirouette (FO)
- Whip Full Twist (FO)

Group 5:

- Double Cutaway half (PT)
- Cutaway Rudy (PT)
- Double Pike (PT)
- Double Layout (PT)
- Double Forward Over (FO)
- 2.5 to legs (FO)
- Full Twisting Double (PT)
- Double Double (PT)
- Double Twisting 2.5 to legs (FO)
- Triple Twisting Double Layout/Miller (PT)
- Triple Tuck (PT)
- Triple Pike (PT)
- Full twisting Triple (PT)
- Quad

Trampoline Skills

-----Level 1-----

Jumping and Stopping (Motorcycle Stop)

Jumping with Arms Above Head

Jumping with Arm Circles

-----Level 2-----

Seat Drop

Seat Drop Half Turn to Feet

Swivel Hips

-----Level 3-----

Dead Bug (Continuous Back Drops)

Back Drop

Back Drop Half Turn to Feet

-----Level 4-----

Doggy Bounce to Stomach Drop

Stomach Drop from Feet

Face Off

-----Level 5-----

Back Drop Over to Stomach

Back to Back (Cradle)

Turn Turn

Bar Strength group 1

0-1 Pull Ups

(Completed within 5 minutes)

- 10 Beats Swinging with Straight Legs
- 10 Shoulder Shrugs with knees up
- 5 Sec Tuck Sit
- 10 Sec Hold Chin Above Bar
- 5 Jump to Pull Up and Lower Slowly
- 10 Assisted Pull Ups with Feet on Box
- 2 Swinging Tuck Ups & Skin the Cat
- 3 First to Final Whip Position
- 3 Whip Pull Ups
- 2 Swinging Straddle Ups

Bar Strength group 2

1-3 Pull Ups

(Completed within 5 minutes)

- 10 Beats Swinging with Straight Legs
- 1 Pull up with 5 Second Hold
- 5 Shoulder Shrugs in L Sit
- 5 Sec L Sit
- 10 Swinging Toes to Bar
- 2 Straddle Pull Ups
- 1 Static Tuck Up
- 5 Whip Pull Ups
- 5 Whip Rocks
- 1 Static Straddle Up

Bar Strength group 3

3-6 Pull Ups

(Completed within 5 minutes)

- 10 Beats Swinging with Straight Legs
- 3 Pull ups
- 10 Sec L Sit
- 2 Cross grip Pull Ups
- 5 Swinging Hips to Bar
- 5 Inverted Pull Ups
- 3 Static leg Lifts Toes To Bar
- 2 Static Tuck Ups & 3 Tuck Pull Ups
- 7 Whip Rocks
- 1 Swinging Pull Over

Bar Strength group 4

6-10 Pull Ups

(Completed within 5 minutes)

- 10 beats Swinging with Straight Legs
- 5 Pull ups
- 15 Sec L Sit
- 3 Static Tuck Ups or Pike Ups
- 4 Tuck Pull Ups & 10 Whip Rocks
- 7 Swinging Hips to Bar
- 7 Inverted Pull Ups
- 3 Static Leg Lifts & 3 Swinging
- 1 Static Pull Over
- 3 Bubkas or 5 Assisted Bubkas

Flying Trapeze Requirements Checklist

To Fly Without Lines:

- Unassisted one handed take off (unless you cannot reach the bar)
- Understand how to swing and let go of the bar without calls
- Safe consistent backdrop
- Cradle while jumping in the net/trampoline or from back drop
- Ten second hold with chin above bar (on static bar)
- Back end knee hang without calls or help from the lines

To Do A Group 1 Trick Out Of Lines

- Cradle every time you land in the net out of lines
- Turn-around with a back drop without calls out of lines
- Face-off to the net and a cradle from the face-off out of lines on the first swing without calls
- Back tuck out of lines without calls
- Land safely in the net while performing the trick with unassisted lines

To Catch Group 1 Trick Out of Lines

- One pull up with a ten second hold
- Perform your trick to the net without calls (other than heps or breaks) consistently with a Cradle in the net out of lines
- Take off from the appropriate rise for the trick unassisted (unless you cannot reach the bar)
- Perform a looker (timer) with the catcher with a safe landing to your back

To Do a Group 2 Trick:

- Completed ALL previous requirements
- Can catch and return two 'FO' tricks and one 'PT' trick from 'Trick Group 1'
- 'Bar Strength Group 2' in less than five minutes

To Do a Group 3 Trick:

- Completed ALL previous requirements
- Can catch and return two tricks from 'Trick Group 2'
- 'Bar Strength Group 3'
- Completed all relevant skills in Intermediate group
- Relevant Advanced 1 skills depending on trick

To Do a Group 4 Trick:

- Completed ALL previous requirements
- Can catch and return three tricks from 'Trick Group 3'
- Completed 'Bar Strength Group 4' in 5 minutes
- Completed relevant advanced 1 and 2 Skills

To Do a Group 5 Trick:

- Has completed ALL previous requirements
- Is a 'Advanced 3' flyer

Novice Flyer

Swinging in training lines

Skill	In Lines Assisted	In Lines Unassisted	Skill	In Lines Assisted	In Lines Unassisted
Basic swing			Back tuck		
Front end knee hang			Turn around back drop		
Back end knee hang			Turn around stomach drop		
One hand takeoff			Catch		
Pull on bar to let go			Return		
Back drop			Take off from riser		

Swinging Out of Lines:

Requirement	Completed ✓	Date	Coach
Unassisted one handed take off (unless you cannot reach the bar)			
Understand how to swing and let go of the bar without calls			
Safe consistent backdrop			
Cradle while jumping in the net/trampoline or from back drop			
Ten second hold with chin above bar (on static bar)			
Back end knee hang without calls or help from the lines			

Bar Skills Group ___ Completed in 5 Minutes:

Trampoline: level one level two level three level four level five

Trick: _____ To Net Caught

Trick: _____ To Net Caught

Trick: _____ To Net Caught

Trick: _____ To Net Caught

Intermediate Level One

Congratulations, you have burnt the lines! You are swinging out of training lines and aspiring to soon be able to throw a trick to the net without training lines.

Requirements for Level:

Completed ALL Swing out of Training Lines Requirements

Bar Strength Group One under 5 minutes

Trampoline Level Five

Trick Out of Lines Requirements:

Requirement	Completed ✓	Date	Coach
Cradle every time you land in the net out of lines			
Turn-around with a back drop without calls out of lines			
Face-off to the net and a cradle from the face-off out of lines on the first swing without calls			
Back tuck out of lines without calls			
Land safely in the net while performing the trick with unassisted lines			

Trick: _____ To Net To Net Out of Lines Caught

Trick: _____ To Net To Net Out of Lines Caught

Trick: _____ To Net To Net Out of Lines Caught

Trick: _____ To Net To Net Out of Lines Caught

Intermediate Level Two

You're ready to throw your first trick without training lines! You have more skills without the training lines and you have become a more confident flyer. You're starting to own your flying.

Requirements for Level:

Completed ALL requirements to throw a trick out of lines

Requirements to Catch a Group 1 Trick Out of Lines:

Requirement	Completed ✓	Date	Coach
One pull up with a ten second hold			
Perform your trick to the net without calls (other than heps or breaks) consistently with a cradle out of lines			
Take off from the appropriate rise for the trick unassisted (unless you cannot reach the bar)			
Perform a looker (timer) with the catcher with a safe landing to your back			

Bar Strength Group Two under 5 minutes

Relevant Skills

Skill	Completed ✓	Date	Coach
Return to platform from swing with scoop			

Trick: _____ To Net Out of Lines Caught Out of Lines

Trick: _____ To Net Out of Lines Caught Out of Lines

Trick: _____ To Net Out of Lines Caught Out of Lines

Trick: _____ To Net Out of Lines Caught Out of Lines

Intermediate Level Three

You can catch a trick without training lines and are working on getting a consistent return without lines. You are also working on gaining more skills and throwing/catching more tricks.

Requirements for Level:

Completed ALL requirements to catch a group 1 trick out of lines

Catch a group 1 trick out of lines

Completed relevant Intermediate 2 skills

Completed Bar Strength group 2 in under 5 minutes

Relevant Skills:

Skill	Completed ✓	Date	Coach
Maintain height after three swings			
Turn turn off catcher			
Send return bar			
Return to platform without scoop			
Scoop somebody onto platform			
Pull riser			
Sexy back			
Change hand turn around			

Returned: Once **Sometimes** **Every time**

Group 1 Face Off Trick: _____ Caught Returned

Group 1 Face Off Trick: _____ Caught Returned

Group 1 Pull Through Trick: _____ Caught Returned

Group 2 Trick: _____ Caught Returned

Advanced One

You are now a trapeze artist and own your flying! You are now very confident about catching and returning without training lines. You can fly across to a catcher and return with ease. You could now fly in a circus with any of the group 1 or 2 tricks that you have learned. Working on more tricks and skills to up your flying to an even higher point.

Requirements for level:

Completed relevant Intermediate 3 skills

Can catch two face off and one pull through trick from Group 1 out of lines

Can catch one trick from Group 2 out of lines

Can return with ease out of lines

Relevant Skills:

Skill	Completed ✓	Date	Coach
Build height in swing			
Two swing return drill			
Force out turn around			
Uprise			

Requirements for throwing Group 3 trick:

Catch two Group 2 tricks: _____ , _____

Bar Strength Group 3 under 5 minutes

Group 3 Trick: _____ Caught Returned

Advanced Two

You are pushing your skills and tricks further. You have reached a higher point of fitness and strength to move your swing up higher and learn harder skills and tricks.

Requirements for level:

Completed relevant Advanced 1 skills

Can catch two Group 2 tricks and one Group 3 trick out of lines

Completed Bar Strength Group 3 in under 5 minutes

Return with ease every time

Relevant Skills:

Skill	Completed ✓	Date	Coach
Half time uprise			
Reverse suicide			
Suicide			
Kip			

Requirements for throwing Group 4 trick:

Catch three Group 3 tricks: _____ , _____ ,

Bar Strength Group 4 under 5 minutes

Group 4 Trick: _____ Caught Returned

Advanced Three

You have reached the top tier of flying trapeze and are throwing big tricks and are catching these tricks regularly.

Requirements for level:

Completed relevant Advanced 2 skills

Can consistently catch three Group 3 tricks and one Group 4 trick out of lines

Completed Bar Strength Group 4 in under 5 minutes

Group 4 Trick: _____ Caught Returned

Group 4 Trick: _____ Caught Returned

Group 4 Trick: _____ Caught Returned

Group 4 Trick: _____ Caught Returned

Group 5 Trick: _____ Caught Returned

Group 5 Trick: _____ Caught Returned

Professional Flyer

It's all about style! You look good performing any of your tricks and can at least catch group 4 tricks. You are a paid professional.

Requirements for level:

May catch a trick from Group 5

Can execute all above levels with perfect form and showmanship (i.e. pointed toes, straight legs, legs together, styling, etc.)

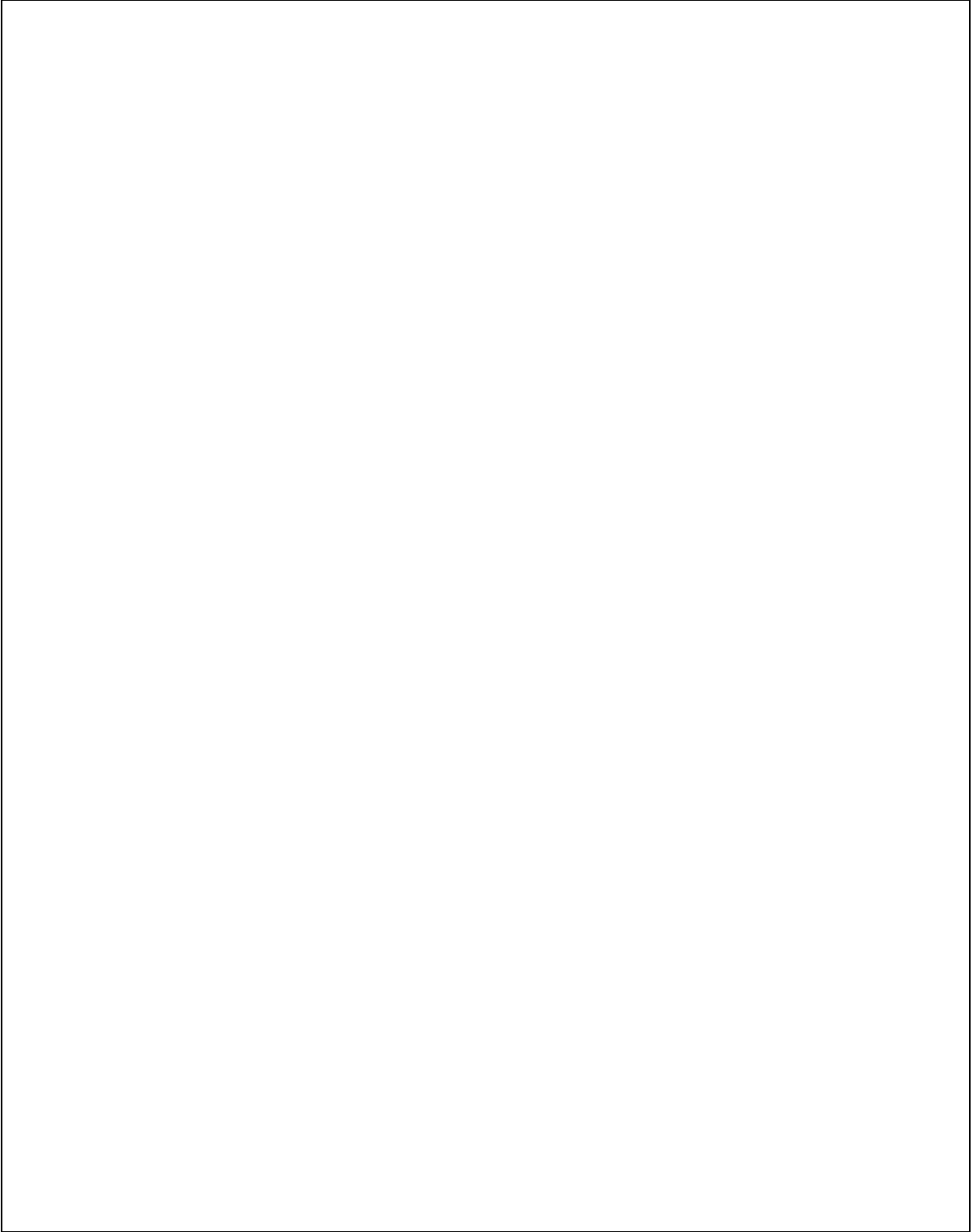
All Skills

	Skill	In Lines Assisted	In Lines Un-assisted	Out of Lines	Out of Lines with Cradle	Strength, Form, Technique Always
NOVICE	Unassisted One Hand Take Off					
	Basic Swing					
	Front End Knee Hang					
	Back End Knee Hang					
	Pull on bar to let go					
	Back drop					
	Back tuck					
	Turn around back drop					
	Turn around stomach drop					
	Catch					
	Take off from riser					
	Return					

	Skill	In Lines Assisted	In Lines Un-assisted	Out of Lines	Out of Lines with Cradle	Strength, Form, Technique Always
INTERMEDIATE 1	Cradle from back drop					
	Swing with form (straight legs)					
	Turn around back drop					
	Back Tuck					
	Send own bar to take off					
	Face Off					
INTERMEDIATE 2	Use Arms in Swing					
	Force out					
	Return to platform with scoop					
INTERMEDIATE 3	Maintain Height after 3 Swings					
	Pull riser					
	Turn turn					
	Straddle Swing					
	Send Return Bar					
	Return to Platform Unassisted					
	Scoop somebody					
	Sexy Back					
	Numpty					
	Salute					
	Change Hand Turn Around					

	Skill	In Lines Assisted	In Lines Un-assisted	Out of Lines	Out of Lines with Cradle	Strength, Form, Technique Always
ADVANCED 1	Build Height in Swing					
	Two Swing Return Drill					
	Force Out Turn Around					
	Straddle Off Board					
	Tap Turn					
	Uprise					
	Drop From Uprise					
ADVANCED 2	Half Time Uprise					
	Reverse Suicide					
	Suicide					
	Kip					
	Swing Shoulders to Crane					
	Back Mount					
	Force Out Return					

Notes

A large, empty rectangular box with a thin black border, intended for taking notes. It occupies most of the page below the 'Notes' header.

