

Trapped S-Wrap Introduction

Prerequisite(s):
footlock on a single silk,
standing lotus

About this move: In the old *Beginning Fabric Instructional Manual*, this series was called the Flamingo Series, but it's time we got a bit more descriptive and technical with our names. An s-wrap is a *firstside waist hitch*, meaning the tail drapes around the waist passing closer to the feet than the head. The "trapped" part of the terminology is due to the fact that the s-wrap is enclosing the other silk inside of the wrap. You can look forward to learning more about s-wraps and other hitches in Level 2 (which corresponds to Volume 2 of this fabric manual series).

Muscle Focus: Spatial awareness, and overall core stability are key.

Footlock + Trapped S-Wrap

Start with a footlock on the right silk and the free leg bent. Hold the pole with both hands, making sure that the inside of the left bicep traps the free fabric.

With the right hand, reach behind your back and find the tail of the left silk. Bring it around the waist and the pole of the footlocked silk.

Place the tail of the free fabric over the bent leg. Transition your left hand to the tail.

Lean back while holding onto the tail. Bring your bent free leg to the outside of the silk (don't let it go between). A sneaky little trick that can help make the pose more secure is to tub on the tail, moving it into position so that it's under the pressure of your thigh. Hook your free leg over one or both silks and wrap the tail behind your back. Hold in your hand as you lean back. There are many shapes that can be explored from this position.



Knot Prep for Gazelle & Arabesque

Place the knot on the sacrum. Straddle invert and hook one knee on the same-side pole.

Walk the hands up the free pole, and straighten the leg while pushing down into the thigh wrap to rotate into the arabesque position.



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Léo Pomar



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