

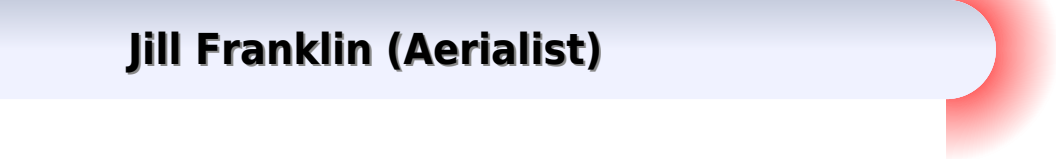


BEGINNERS
GUIDE TO
AERIAL
SILK

— JILL FRANKLIN —

Beginners Guide To Aerial Silk

Jill Franklin (Aerialist)



Beginners Guide To Aerial Silk:

Beginners Guide to Aerial Silk Jill Franklin (Aerialist),2017 *Intermediate Guide to Aerial Silk* Jill Franklin,2015-10-30
Jill Franklin s *Intermediate Guide to Aerial Silk* provides comprehensive and easy to follow instruction for the experienced aerialist Coupled with clear concise directions and technical photos Jill takes you on a step by step journey of proper form and position for each maneuver Most important Jill s mandatory motto SAFETY FIRST is emphasized throughout this guide *Intermediate Guide to Aerial Silk* is not intended as a sole learning avenue but rather a customized tool to assist you when taking aerial instruction with a qualified instructor This guide will help you gain the strength of a Cirque performer the lovely lines of a Ballet dancer and fluid movement like a Pilates pro To learn more visit www.aerialphysique.com *Beginner Aerial Silks Pose Guide* Sam Mellor,Marina Turner,2015-08-25 This 75 page Beginner s *Pose Guide to Aerial Silks* covers 40 basic poses to get you started on your aerial journey With full color photos and detailed descriptions this guide covers warm up and conditioning exercises three different footlocks 25 poses from those footlocks wrist wraps poses from wrist wraps and basic inversions This guide is a great companion for the aspiring aerialist and as always recommended to go alongside your aerial practice with a competent aerial instructor **Dance Appreciation** Dawn Loring,Julie Pentz,2021-01-28 Dance is an activity that everyone can enjoy and Dance Appreciation will help students do just that Dance Appreciation is written to encompass the needs of a broad range of dance students from high school to university level and is appropriate for students who are new to dance as well as those who are experienced in the art form The text will help learners discover more about themselves connect with dance and make it a relevant and vital part of their lives whether it is their primary course of study eventual career path or simply a way to express themselves and enrich their lives This text is the only dance appreciation resource that offers ancillary materials for instructors Instructor ancillaries consisting of an instructor guide test package and PowerPoint presentation package make the teaching experience both easier and more effective whether teaching in face to face or online settings Five video segments demonstrate elements of dance and offer associated learning and movement activities bringing the content to life for students Textbook elements such as learning objectives key terms Enduring Understanding statements Spotlight special elements and chapter discussion questions help students navigate the chapters and retain the essential content In addition related resources delivered through HKPropel supply students with learning activities individual and group projects handouts time lines suggestions for further reading video recommendations and more to facilitate the learning experience Dance Appreciation helps students understand dance from the perspectives of dancers choreographers and professionals in other careers related to dance Students are introduced to a broad range of dance genres forms and styles and they learn to forge a relationship with dance as an art form connecting it with other academic and artistic disciplines and with their own life experiences The text is organized into three parts Part I Exploring Dance provides a foundational understanding of who dances and why and it introduces the elements of dance and movement

principles Part II Selected Dance Genres and Styles covers Western dance genres examining classical concert dance forms hip hop and aerial and site specific dance highlighting notable artists and events In part III Connecting With Dance students delve into aspects of dance performance and production learning approaches for viewing and responding to dance performances and exploring the role of global interactions especially through online content and social media in developing and transmitting new dance forms and styles Throughout the text readers will learn about dance related career paths Dance Appreciation offers instructors an up to date comprehensive resource complete with an array of ancillaries that ensures that students have the opportunity to become informed discerning and responsive dance audience members and gain a broad appreciation of dance as an art form and a lifetime physical activity Note A code for accessing HKPropel is not included with this ebook but may be purchased separately

Cool Careers Without College for People Who Love to Entertain Amie Jane Leavitt,2016-12-15 This book stressing the importance of preparation hard work and marketing your business focuses on traditional entertainment like music and acting but also delves into less conventional work like working as a Foley artist or as a children s entertainer

Aerial Silks: 91 Ways to Split on Silks Sam Mellor,2020-02-07 Welcome to your aerial splits resource This reference guide is a culmination of split poses I have performed and notes I have taken during my 10 year aerial career The 91 poses in this manual are centered around splits and sorted into chapters based on their unique entries For example poses from single footlocks double footlocks inversions belays and more Poses are accompanied by full color photos tutorials tips and warnings They range from beginner all the way to advanced movements and should be performed responsibly This book is meant to be a companion to your practice and never as a sole source of learning Every skill level can benefit from this guide Beginners will be encouraged by all the pose possibilities as well as benefit greatly from the tutorial photos tips and warnings for each pose The intermediate to advanced aerialists can enhance their skills from our tips tutorials and will benefit from having all these splits in one manual Our table of contents doubles as a visual library Instead of relying on names as we all know names vary greatly within the aerial community our table of contents includes an image of each pose Here you can quickly scan and see everything the book has to offer This also works great when wanting to pick and choose a pose to practice on Having knowledge of footlocks inversions and a basic belays will also greatly enhance what you get out of this guide I m so excited to present to you 91 different ways to Split on Silks

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