



FLYER REQUIREMENTS



ALL POTENTIAL FLYERS WILL BE ASSESSED ON THE FOLLOWING BODY POSITIONS AT YOUR INDIVIDUAL TRYOUT (ON A STUNT STAND) TO DETERMINE IF THEY WILL BE INVITED TO SIGN UP FOR A FLYER TRAINING WORKSHOPS.

HEEL STRETCHES

- BOTH LEFT AND RIGHT WILL BE EVALUATED
- LOCKED STANDING AND PULL LEG
- TOP TOE POINTED
- HIPS FACING FRONT
- PULLING ARM ELBOW IS LOCKED
- OPPOSITE ARM GLUED BY SIDE



BOW N ARROW

- LOCKED STANDING AND PULL LEG
- TOP TOE POINTED
- HIPS FACING FRONT
- T MOTION IS PARALLEL WITH GROUND

ARABESQUE

- LOCKED STANDING LEG
- CHEST UP
- TOE POINTED
- LIFTING KNEE IS LOCKED AND TOE POINTED TO FRONT
- HANDS IN T-MOTION



SCORPION

- LOCKED STANDING LEG
- TOE POINTED
- SHOULDERS/BACK ROUNDED
- TOP LEG IN LINE WITH THE LEG THE FLYER IS STANDING ON