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∞ **BOOK 2** ∞

**CHAPTER 5**      *Introduction to Drops*

Scarf Drops & Front Dive – *scarf optional*

Basic Front Dive (Closed Wrap Drop) – *similar to last drop minus the scarf*

Standard Single (Open Wrap Drop) – *rock, or rather roll, down the fabric*

1.5 Drop = Single + Front Dive – *putting the last two drops together*

Thigh Slack Drop – *how much slack you pull equates to how far you drop*

Hip Lock GRAB drop – *so named because you must grab the fabric as you drop*

## **CHAPTER 6**      *Crossback Drops & Sequences*

Angle Wings – *spread out the fabric over your shoulders to create wings*

Crochet (with) Thigh Wrap(s) – *includes descent position & wings*

Crochet Thigh Wrap Dive – *ends in descent position*

Straddle Slack Drop – *slide into a cross back straddle position*

Front Hip Balance (a.k.a. Superman) Sequence – *includes a knee drop*

Double Crossback Front Salto Sequence – *includes a sitting position*

Harvest Drop – *ends in a chest wrap*

Tick-Tock (Front-Back) Drop – *back and forth you'll go from head to toe*

Front Salto GRAB drop – *you must grab the tails as you drop*

## **CHAPTER 7**      *Miscellaneous Moves*

An Arabesque and Lotus Hang – *application of the leg roll up principle*

Single Open Wrap to Vertical Splits – *show off fabulous splits in this position*

Inverted Arabesque from Splits – *also known as teardrop*

Skin the Cat Middle Splits – *another way to show off flexibility*

Scorpions – *includes two variations and a knee hang*

Shoulder Sling from Crossback Straddle – *a new way to hang*

## **CHAPTER 8**      *Making Connections*

Thigh Lock ↔ Hip Lock – *making connections lock to lock*

Knee Lock ↔ Thigh Lock – *making connections lock to lock*

Footlock ↔ Footlock – *making connections lock to lock*

Open Wrap into the X/Straddle – *a unique transition*

More Variations into the X/Straddle – *rock and roll into the X*

Connections to Get You Thinking – *another application of the classic leg roll up*

# Knee Hooks



Prerequisites: straddle back, ball exercise

**1** Straddle back with the fabric to one side of your body. Point your toes and stretch your legs, lengthening the backs of your legs, especially behind the knees.

**Tip** ▶ Imagine the backs of your knees opening towards the ceiling to help your legs grow longer. ◀

**2** Drop your hips about an inch in order to initiate a burst of momentum that tosses your hips away from your torso. At the same time, pull up with your arms so that you can hook the back of your knee high above your hands. This motion will cause you to twist towards one side or the other. Do not expect your torso to stay rigid in space while your leg hooks; rather, your whole body gets involved in this step.

As you lean back in the knee hook, you should feel the knee squeezing on the fabric take some of your weight, but it is not expected to take all of your weight.

**3** To exit the knee hook, lift your weight back into your hands so that you can release the knee, coming back to the straddle back position and exit to either a straight or bent arm hold.

Students who are new to this move should exit this position in the same manner as the ball exercise, coming up to bent arms. As you progress at this movement, work up to entering and exiting with straight arms.



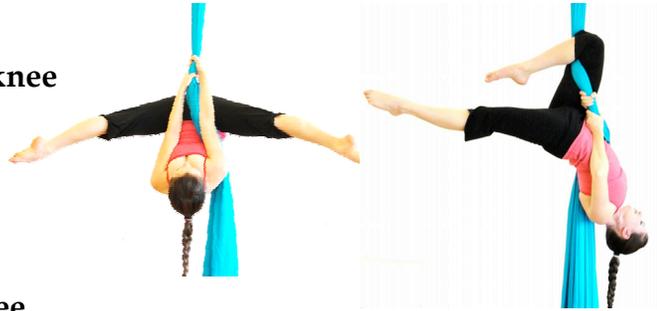
## Variations of the Knee Hook

There are four main knee hooks to learn: same side knee hooks right and left, and opposite side knee hooks right and left. For same side knee hooks, hook the same knee as the side of your body where the fabric is hanging next to your body. For opposite side knee hooks, hook the opposite knee of where the fabric is hanging next to your body. The pictures below can help clarify the last two statements.

### Same Side Knee Hooks

#### Same Side Knee Hook with the RIGHT knee

*Notice how the fabric starts on the RIGHT side of the body and then you hook your RIGHT knee.*



#### Same Side Knee Hook with the LEFT knee

*Notice how the fabric starts on the LEFT side of the body and then you hook your LEFT knee.*



### Opposite Side Knee Hooks

#### Opposite Side Knee Hook with the RIGHT knee

*Notice how the fabric starts on the LEFT side of the body and then you hook your RIGHT knee.*



#### Opposite Side Knee Hook with the LEFT knee

*Notice how the fabric starts on the RIGHT side of the body and then you hook your LEFT knee.*

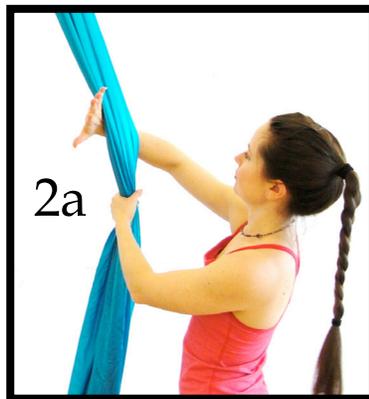


# Wrist Hitch



Prerequisites: strong wrists

- 1** Start from the ground and use only one ribbon. For a right wrist hitch (try saying that ten times fast), start by placing the back of your wrist on the fabric. The back of your wrist should be facing you.
- 2** Bring your fingers towards you (a) as you begin to twist your wrist over the top of the fabric on the same side as your face. You should now be in the position of picture 2b.
- 3** Twist your hands so that they return to the beginning position with the back of your wrist facing you, but your hand is on the opposite side of the fabric. Use your second hand to lift the tail up over your right hand. Bring the tail fully over your hand.



**4** After placing the tail around your hand, rotate your hand and grab the pole of the fabric.



**5** Repeat in the opposite manner to complete a wrist hitch on your left wrist. Understand that while a wrist hitch can prevent your hand from slipping down the fabric, it is not meant to take your weight. You still must remain holding on with your hands.



**6** From a wrist hitch, there is a popular position commonly known as *thread the needle*. It goes as follows:

- (A) Invert into horizontal plank and twist your backside to the right fabric. Place your right leg in front of the right fabric so that the fabric is between your legs.
- (B) Lift so that your right thigh rotates around the fabric over your right hand as you come "up and over." Send your left leg towards the ground, bring your torso up, and keep the fabric around your right thigh as you use your left hand to help you lift up and over your bent left arm.
- (C) You can straighten both legs or bend your bottom leg for the classic "thread the needle" pose (d).

