

# Beginner techniques – DPA

Name: .....

In order to comfortably join in with the other, more experienced students when you are a beginner there are some basic techniques to master first. Once you can do these techniques with confidence you can easily build on them and learn more complicated and advanced moves.

Here is a check list for you to follow your own progress.

## **Spins:**

- Prayer.....
- Backspin.....
- Knee hook.....
- Firelady .....
- Sunwheel.....
- Ankle hook.....
- Chair.....
- V-grip(hold).....
- Carousel.....
- Flick.....
- Side spin (from static).....
- Side spin (from walk).....

## **Aerial basics:**

- Basic grip from the floor.....
- Kick up from invert hand position.....
- Froggy.....
- Basic climb hold.....
- Seat.....
- Seated titanic.....

## **Basic filler moves:**

- Inward turn.....
- Step and slide.....
- Hip dip.....
- Pirouette.....
- Crab.....
- Twist up.....
- Salsa.....
- Shoulder roll on floor.....

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