



# Beginning Aerial Fabric Instructional Manual

By Rebekah Leach

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## Beginning Aerial Fabric Instructional Manual By Rebekah Leach

With over 250 step-by-step pictures on over forty beginning moves, this manual is designed for students and teachers of beginning fabric or silks. This manual includes instruction on footlocks (covering a variety of moves in basic, single, and double footlock moves), includes an introduction to the hiplock (a.k.a. hip key), various climbs, and other beginning moves. Focusing on injury prevention, there are tips on how to spot students and how to avoid common mistakes.

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- Sales Rank: #359949 in Books
- Published on: 2010
- Binding: Perfect Paperback
- 98 pages

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