



The Aerial Hoop Manual Volume 1

Rebekah Leach

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In this first volume of the Aerial Hoop Manual series, you will find over 600 pictures to help depict over 50 families of moves which are explained through detailed step-by-step instructions. Students will gain an understanding of where the content fits into the big picture of aerial hoop. Teachers will be assisted in learning how to properly teach progressions, grip choices and much more. Choreographers will appreciate the philosophy of exploration and the ways in which it is encouraged. This manual covers foundational moves, basic inversions, under the hoop moves, mounting the hoop, beginning and intermediate moves in the hoop, as well as beginning transitions. Bonus pages include articles on how to choose the right hoop, as well as the physics of the hoop.

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