



Acroyoga is the playful combination of acrobatics and yoga. It is a connective art of movement, full of challenges and lightness. As a base you will feel grounded and supportive, as a flyer you will feel light and fluent. Trust, communication and consciousness play important roles and will be trained in this dancelike art of bodywork.

The Acronyc introduces the fundamental principles of Acroyoga and illustrates the compositions and architecture of a huge variety of tricks and moves. In it you will find:

40 Asanas  
185 Transitions &  
108 Washing Machines

On more than 200 pages you can either start your journey into the arts of Acroyoga or deepen your knowledge. From first steps for beginners to flows for intermediate Acroyogis or advanced tricks like pops and icarians, all is combined in this book. Detailed descriptions and step-by-step pictures will lead you along into the colourful world of Acroyoga and invite you to get creative with your own combinations.

Enjoy!



ACRONYC

Marcus Baierlein

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40 ASANAS  
185 TRANSITIONS  
108 WASHING MACHINES



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# Guideline

## THE ARCHITECTURE OF ACRONYC

The ACRONYC describes 40 Asanas, 185 Transitions and 108 Washing Machines.

### ASANAS

The book starts off with 40 Asanas. These are the basic positions and figures which characterize Acroyoga.

Also included in the Asanas

1. Descriptions how to enter the figures.
2. Transitions, a way of transitioning from an Asana into another figure.
3. An overview of certain transitions that can be found in certain Washing Machines.

In the Acronyc, all asanas in which the flyer looks to the head side of the base are defined as the normal basic position. This is opposed to all asanas in which the flyer looks to the foot side of the base. These are called reverses. Some positions, for example, Foot to Hand contrasts to other systems. So you can get from Foot to Foot with two steps forward into Foot to Hand. This was important to describe a unified system for all asanas.

### TRANSITIONS

In general, there are three different kinds of movements: Steps, Whips and Pops/Icarians.

#### Steps

Steps are the easiest and most controllable way of transitioning from one figure to another. Here the Base offers new contact points with either his feet or hands for the Flyer who uses these to transfer her weight in a controlled manner.

#### Whips

In Acroyoga Whips are seen as lashing or swinging movements. Hereby gravity is used, and the Flyer often transitions to the next figure through rolling contact points or rotary axis.

#### Pops/Icarians

When doing Pops/Icarians, the Flyer is thrown up in the air by the Base. When doing Pops, one contact point remains between Base and Flyer. While doing Icarians, there are no more contact points between Base and Flyer. The Flyer experiences actual flying time, to say "airtime". In general, Icarians are possible between nearly all figures.

### WASHING MACHINES

Apart from the Asanas, 108 Washing Machines can be found in the Acronyc. Washing Machines are flows that start and end in the same position.

Thus, Washing Machines can be seen as complex movement series and combinations that consist of Steps, Whips or Icarians/Pops. Here, the Flyer uses rolling, gliding, or jumping points of contact or combinations to fly from one to another figure.

In addition, all Washing Machines and Transitions can be done backwards if they do not require gravity. If you want to create a new flow, you can do so by joining multiple Transitions from the Asanas.

The Washing Machine itself can be done on different level. Hereby the principles of movement stay identical while the contact points between Flyer and Base increasingly are reduced. This is exemplified with the Washing Machines Nunchuk, London Spin and Flying Crescent.

The origin as well as the history of Transitions and Washing Machines will be examined deeper in the future. Those artists inspiring me to write this book, can be found on [www.acronyc/history](http://www.acronyc/history).

All Transitions and Washing Machines are categorized into three level – beginner, intermediate and advanced. Each category can be seen as an interplay of difficulty and danger.



## PHILOSOPHY

### ACROYOGA / ACROBATIC

The terms Acroyoga and Acrobatic merge into each other. Acroyoga comes along with its multifaceted diversity: From delicate and aesthetic transitions to athletic movement flows to relaxing positions. Acroyoga can be characterized with its mostly flowy, precise, and playful style through movement, the interplay and unit of coordination and precision.

### KNOWLEDGE

Flyer, Base and, where appropriate, Spotter should be aware about their intentions. They should know what they want to do and be prepared to do so. The Spotter's job is to offer the Flyer safety when accidental movements occur. It is clearly defined how the Spotter should intervene if necessary. Knowing on the one hand means knowing what is supposed to happen and on the other hand knowing what could happen. Concentration & communication are the keys to great Spotting.

### THE MAGIC OF FLYING

As soon as the first basic steps have been learned, the first basic elements of Acroyoga, Flyer and Base can dive right into the free and creative game of movements to discover new movement opportunities.

The more able Flyer and Base are on the technical side of things, the more movement options both will experience. Now they can engage with each other in a playful way. Through this, intimate trust is build and something new and unique is created.

This deep connection is the key to experiencing Acroyoga's magic.

I wish you lots of fun when flying!

## CATEGORIES



### BEGINNER



### INTERMEDIATE



### ADVANCED





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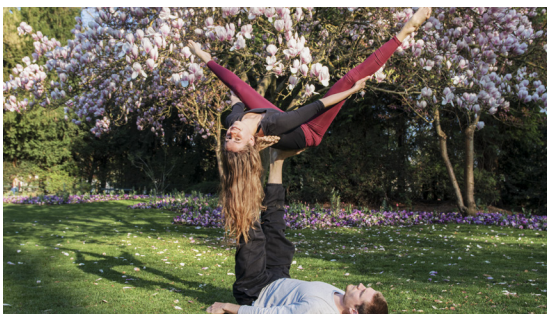
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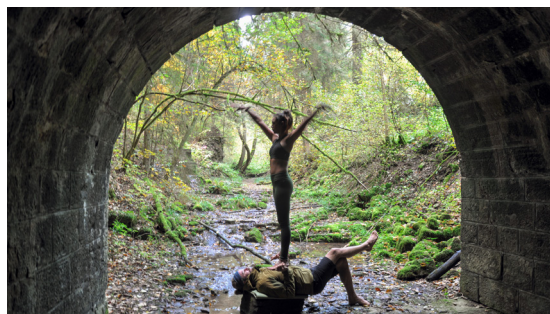
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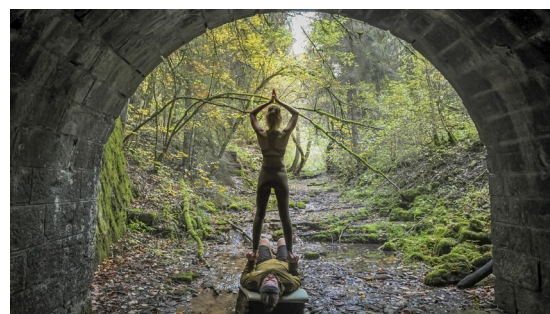
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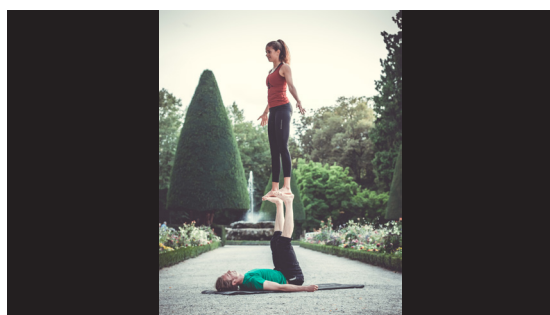
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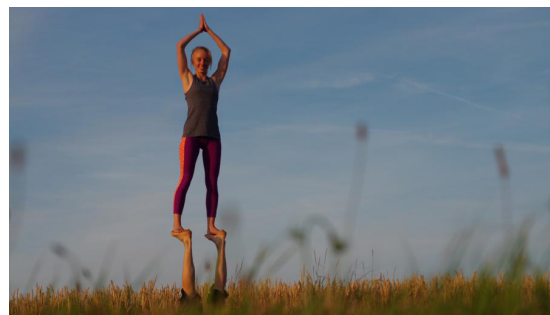
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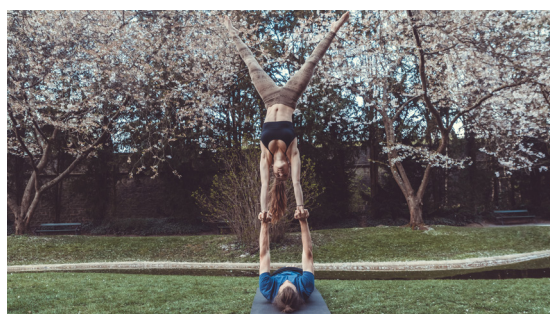
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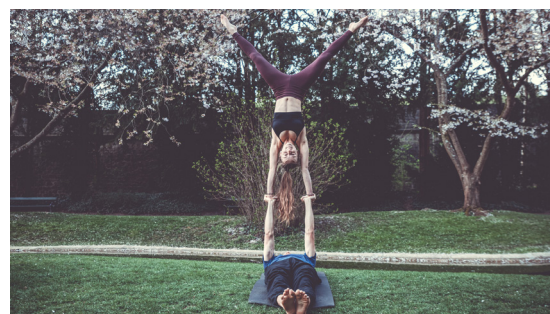
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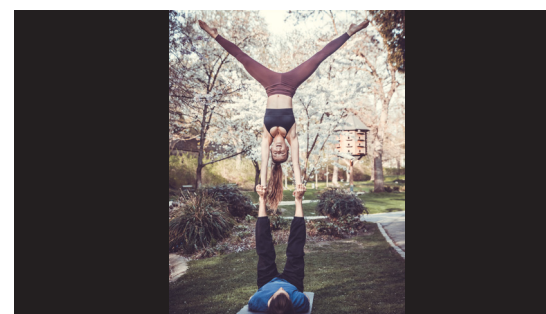
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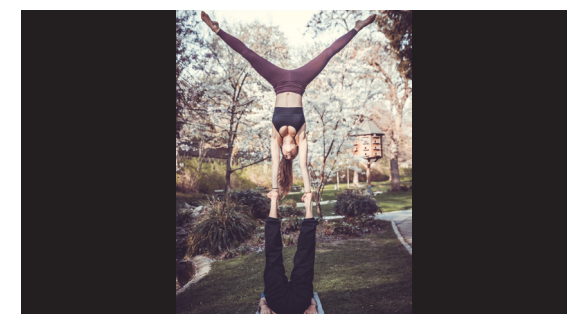
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## AMOUNT



The Base places his feet on the hipbones of the Flyer. The Flyer then leans forward with a straight body [2] and gives the Base her hands. The Bases fingers point outward. As soon as the Base feels the Flyers center

of gravity over his legs, he extends his legs [3], so that the Flyer can float into Bird. The legs of the Base are extended and perpendicular, the Bases and Flyers arms form a straight line from shoulder to shoulder.

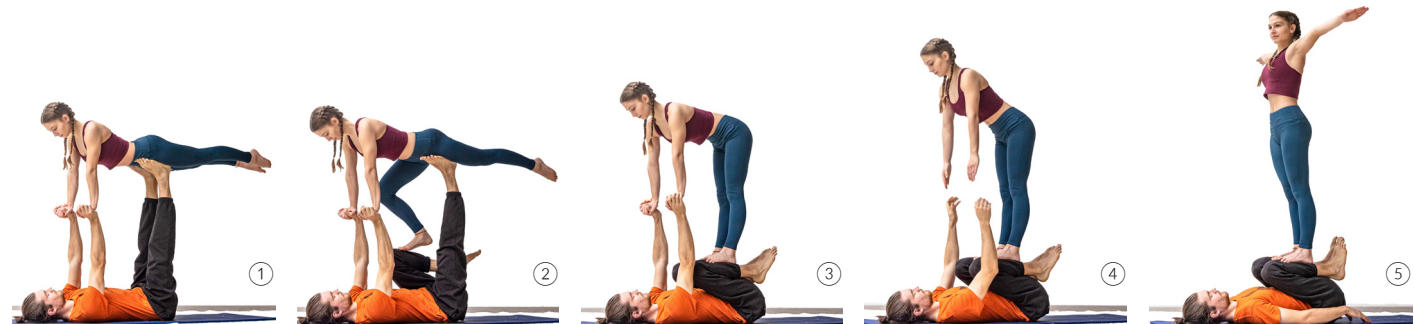
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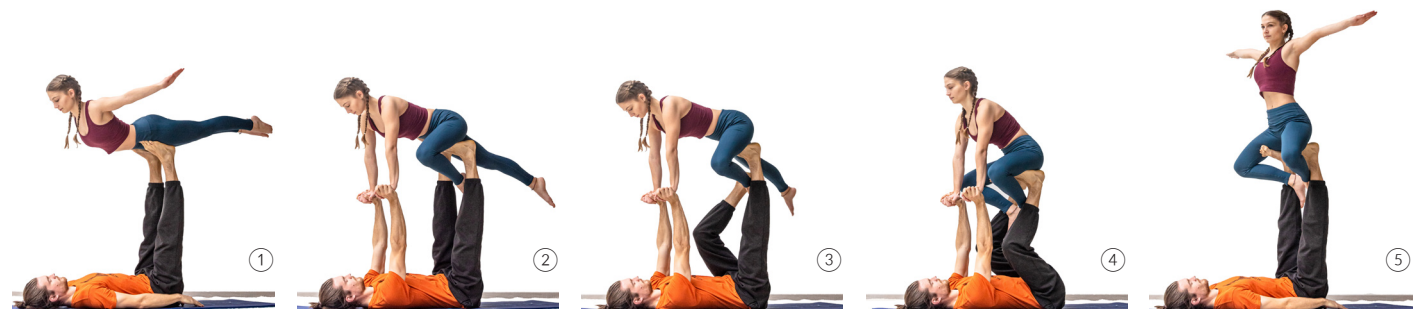
## FOOT TO SHIN



Starting from Bird, the Flyer shifts her weight on both her hands and on the Bases right foot [2]. She may now place her left foot on the Bases left shin. The Bases shinbone lie between the big toe and the index

toe. In the same manner the Flyer now places her left foot on the right shin of the Base [3]. The Flyer stands up and comes into Foot to Shin.

## THRONE



Starting from Bird, Flyer and Base give each other their hands. The Flyer shifts her weight on both her hands and on the Bases left foot. Now she can hook her left leg around the Bases right leg [2]. Therefore, she shifts her weight on both her hands and on her left leg

[3], such as to hook her right leg around the left leg of the Base [4]. The Base then bends his knees, so that the Flyer can straighten her body. To complete the Throne, the Base extends his legs.

## VISHNU'S COUCH



Starting from Bird, Flyer and Base give each other their hands. The Flyer shifts her weight on both her hands and her right hip [2]. The Base places his right leg under the Flyers upper inner thigh [3]. The Flyer shifts her weight on the Bases right foot so that the Base

can place his left foot on the side of the Flyers rib cage, just below her armpit. The Flyer grabs the Bases left leg with her right hand and extends her left arm upwards, ending in Vishnu's Couch.



REVERSE THRONE



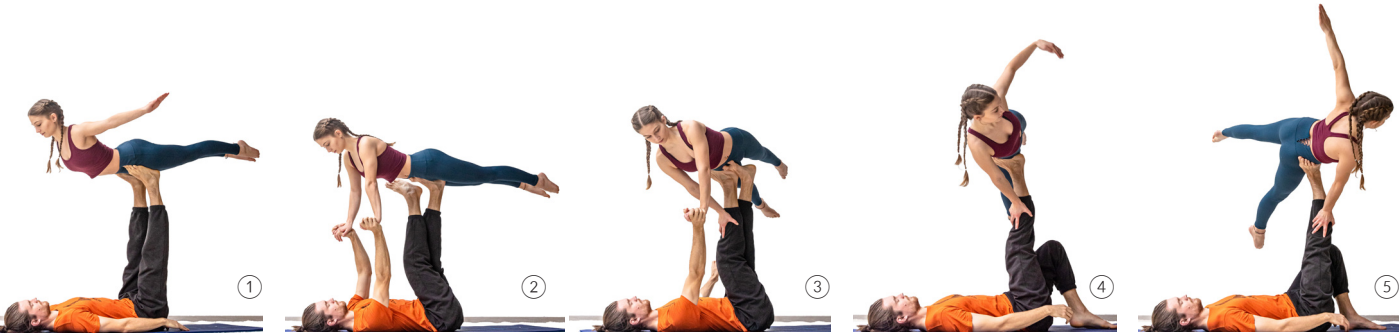
Starting from Bird, Flyer and Base give each other their hands. The Flyer shifts her weight on both her hands and her left hip. The Base places his left foot under the Flyers left thigh [2]. The Flyer turns clockwise and pushes herself up with her left arm at the same time [3], allowing the Base to place his right foot under her right thigh in a Reverse Throne.

SIDDHI SIDESTAR



Starting from Bird, the Base bends and rotates his right leg inwards while pointing his right foot. [2]. The Flyer grabs the Bases right leg with her left hand [3] and, using her left hip, rotates into a Siddhi Sidestar.

GANESHA SIDESTAR



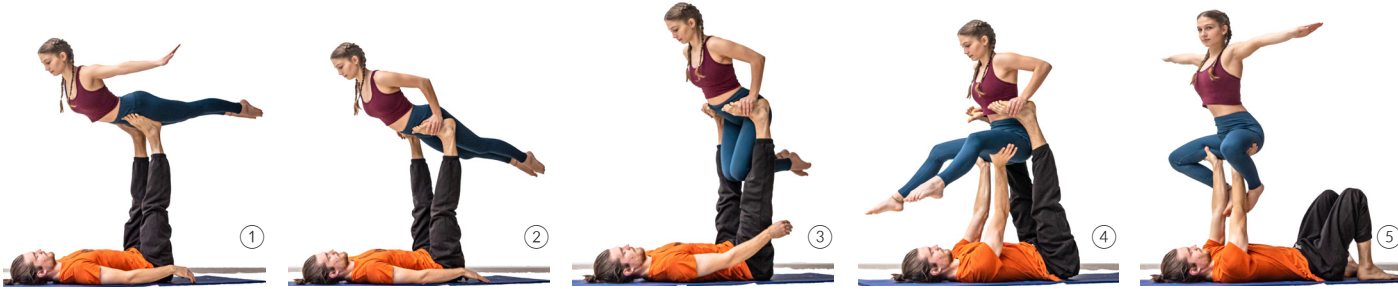
Starting from Bird, Flyer and Base give each other their hands. The Base crosses his right foot over his left leg [2]. The Base places his right foot under the Flyers right hip and points the foot [3]. The Flyer grabs the Bases right leg with her right hand and rotates into a Ganesha Sidestar using her right hip.

BUDDHA



Flyer and Base start from a Bird and give each other their hands diagonally. The Flyer shifts her weight on both hands and on her left hip. The Bases left foot is free now and placed on the Flyers left hip [3]. The Flyer now tilts into a Buddha sideways using her left hip and both her arms.

THRONE ON HANDS



Flyer and Base start from Bird. The Base rotates his heels outwards so that the Flyer can grab his feet [2]. The Flyer pushes herself towards the Bases head by doing a small tuck [4]. Therefore, allowing the Base to place his hands under her thighs to land in a Throne on Hands. Finally, the Flyer hooks her legs from the outside around the Bases arms.

REVERSE THRONE



Starting from Bird, the Flyer rotates into a Bird Sidestar and the Base grabs her left foot with his right hand. The Base then passes over the Flyers left foot to his left hand [3] and places his right foot under her right thigh [4]. As soon as this contact point has been established the Flyer straightens her body. To complete the Reverse Throne, the Base places his right foot under the Flyers right thigh.

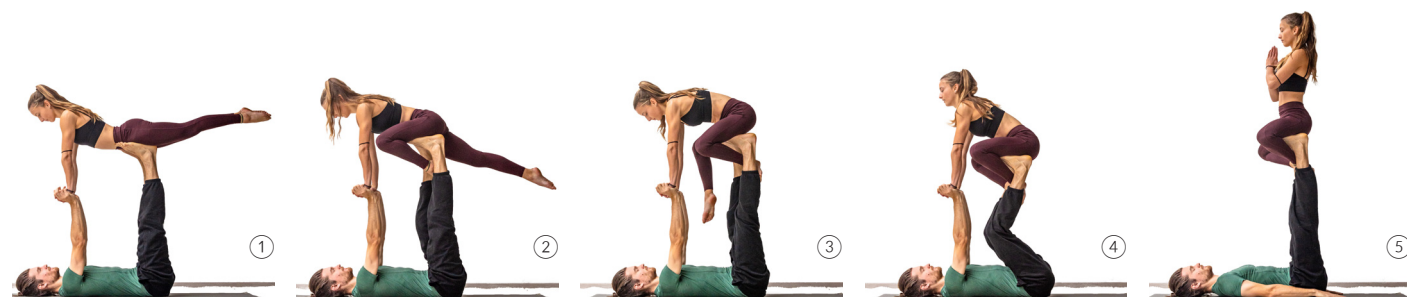


# 8| Throne

TRANSITIONS



## AMOUNT



Starting in Bird, Flyer and Base connect hands and shift the weight onto the Bases left leg. This allows the Flyer to wrap her left leg around the Bases right foot [2]. The Flyer shifts her weight onto both hands and her

left thigh and now is able to also wrap her right leg around the Bases left leg [4]. The Base bends his legs, helping the Flyer to come up into Throne.

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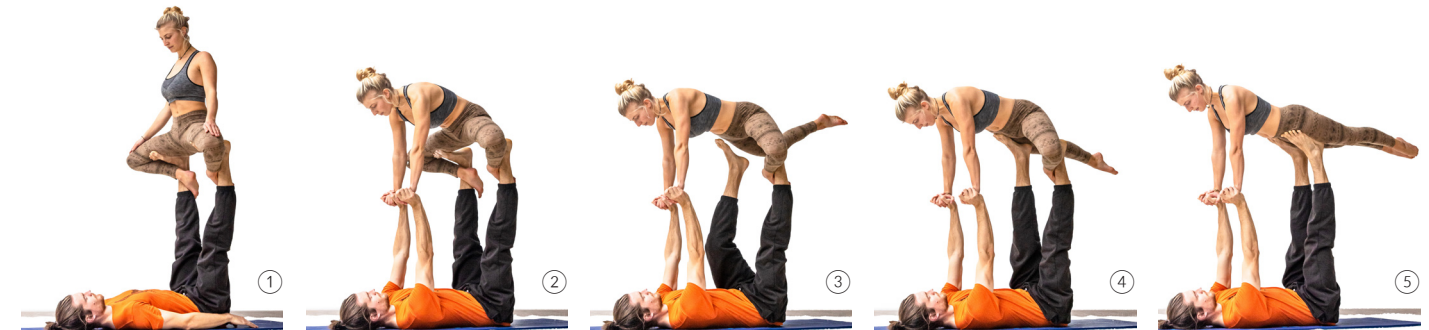
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Star via Rubiks Cube p. 183 (6-10) >> Shadow Roll p. 185 (6-10)

## BIRD



Starting in Throne, the Base bends his legs allowing the Flyer connect hands, who offers her fingers pointing forward [2]. The Flyer then shifts her weight on both hands and on her left leg. The Flyer places her

right hip on the Bases right foot [4]. The Flyer now shifts her weight on both hands and on her right hip. Now the Flyers left leg is free and can be placed on the Bases right foot to complete Bird.

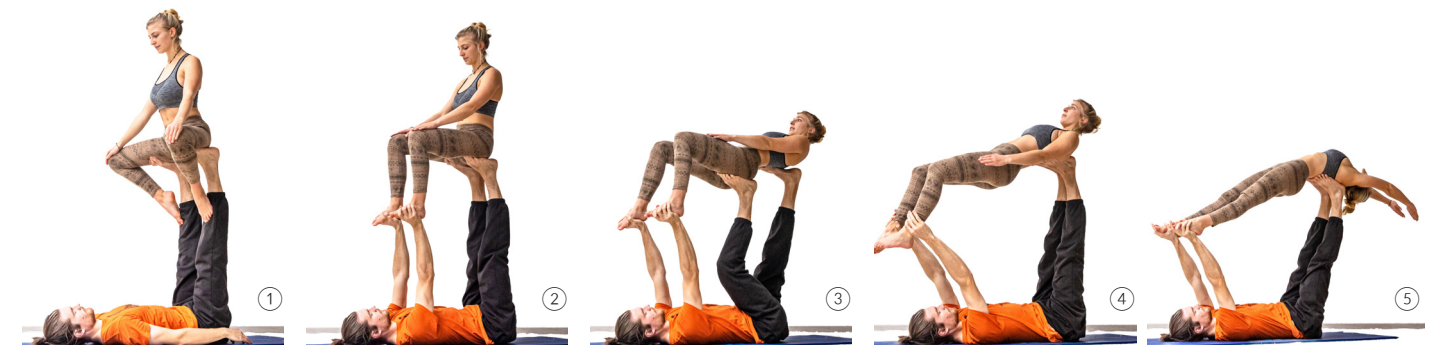
## REVERSE BACKBIRD



Starting in Throne, the Flyer shifts her weight onto the Bases hands and left foot [2]. The Bases right foot is free now. The Base now places his right toes underneath the Flyers left thigh, to receive the Flyer on her

sacrum in Reverse Backbird [3]. The Flyer shifts her weight on the Bases right foot. This allows the Base to place his free left foot parallel to his right foot [4]. The Flyer leans backwards into Reverse Backbird.

## FLYING WHALE

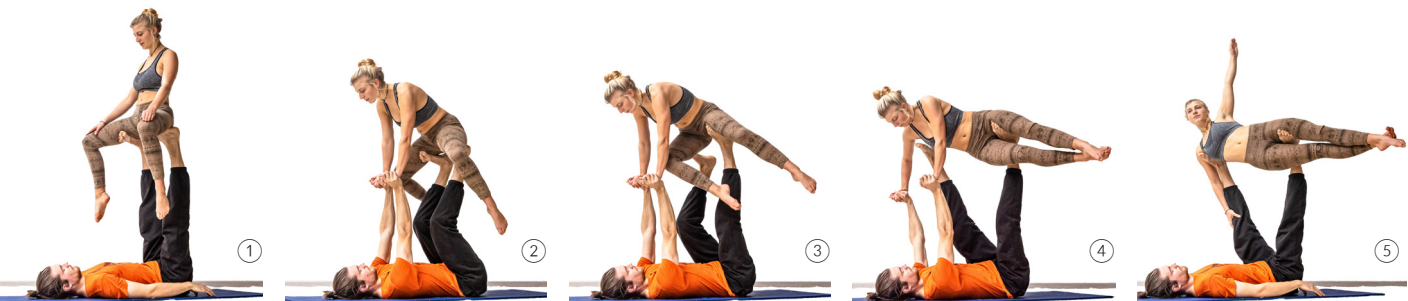


Starting in Throne, the Flyer shifts her weight onto the Bases hands and his right foot [2]. The Flyer leans back while the Base places his left foot diagonally between the Flyers shoulder blades [3]. The Base

now places his right foot parallel to the left one while the Flyer opens her hips [4]. Finally, the Flyer extends her legs completely and stretches her arms behind her head, to complete Flying Whale.



VISHNU'S COUCH



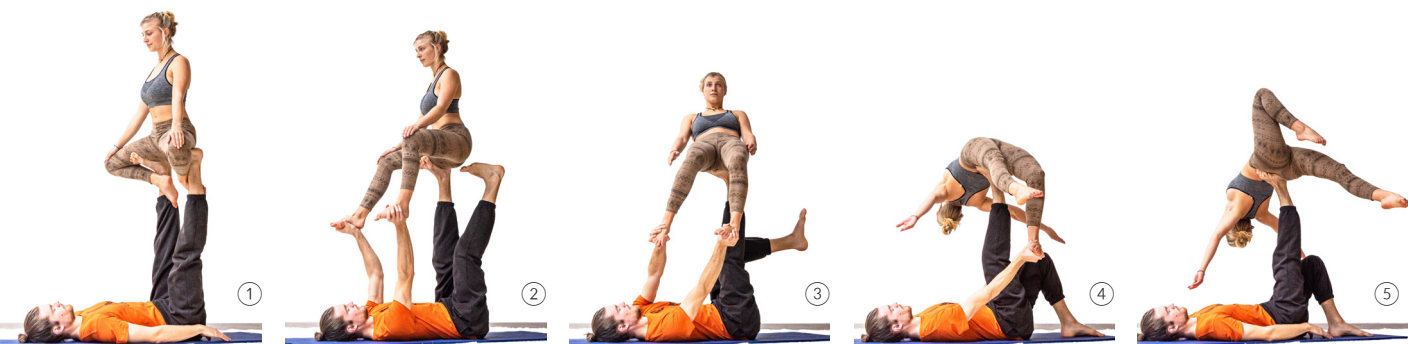
Starting in Throne, the Flyer gives the base both hands and shifts her weight on the Base's right foot [2]. Now the Base's point his right foot to slide on Flyer's left thigh. At the same time the Base can place his left foot on the side of the Flyer's rib cage, just below her armpit. Finally the Flyer grabs the Base's left leg with her right hand and extends her left arm upwards, ending in Vishnu's Couch.

LOG



Starting in Throne, the Flyer shifts her weight on the Bases right leg and places her right foot on the Bases right hand [2]. The Flyer leans back while the Base catches the Flyer between her shoulder blades with his left foot.

INNER PEACE



Starting in Throne, the Flyer shifts her weight on the Bases left foot and hands [1]. The Base can now release his right foot and place it under the Flyers sacrum [3]. Once the Flyer has leaned back on the Bases right foot [4], the Base can release his hands to complete Inner Peace.

LOW FOOT TO HAND



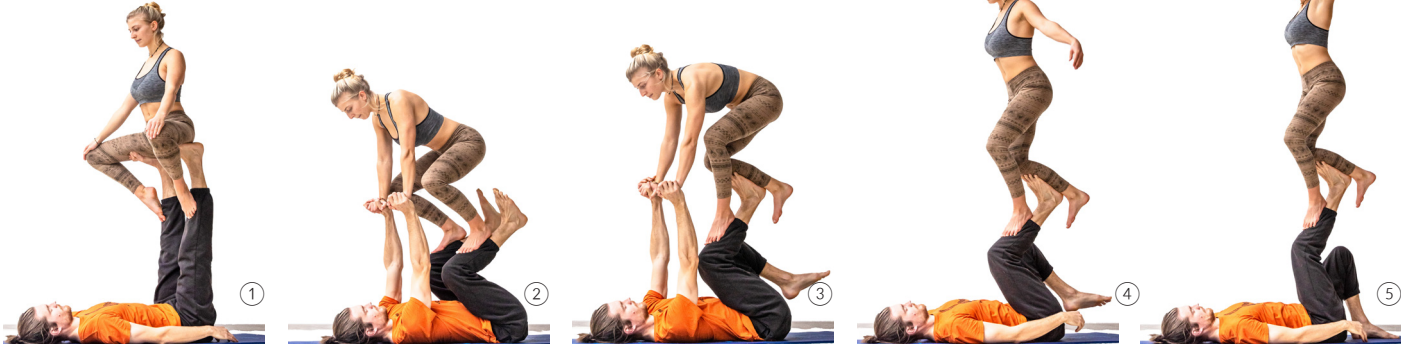
Starting in Throne, the Base grabs the Flyers feet from the front. The Flyer shifts her center of gravity towards the Bases head, while the Base places his upper arms on the floor [3]. The Bases arms are perpendicular and placed below the Flyers center of gravity, who stands up to Low Foot to Hand.

SHIN ON HANDS



Starting in Throne, the Flyer shifts her weight towards the Bases head. At the same time, the Base bends his legs to receive the Flyers chins with his hands. As soon as the Base feels the Flyers center of gravity, he straightens his arms to balance the Flyer in Shin on Hands.

SHIN TO FOOT



Starting in Throne, the Flyer gives the Base both her hands. Then she shifts her weight onto the Bases chins by placing her feet there. Now the Flyer places her right shin onto the Bases right foot to straighten her upper body for Shin to Foot.



# 37| Hand to Hand



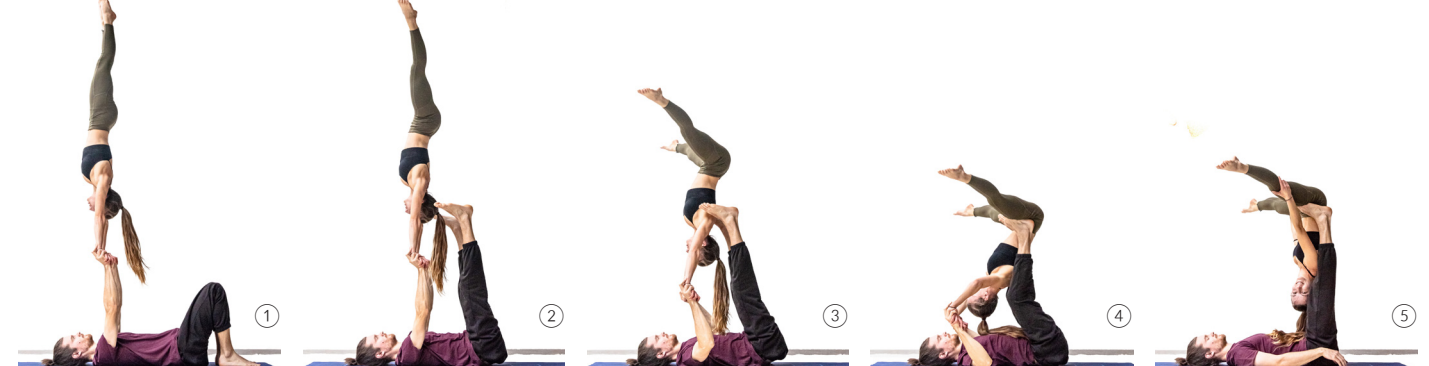
## AMOUNT



Starting in Star, the Base draws an outward half circle with the Flyers extended arms, to open the Flyers shoulders [2]. At the same time the Base uses his feet

to bring the Flyer in one line with his arms. Once the Bases arms are below the Flyers center of gravity, the Base extends his arms, to lift the Flyer to Hand to Hand.

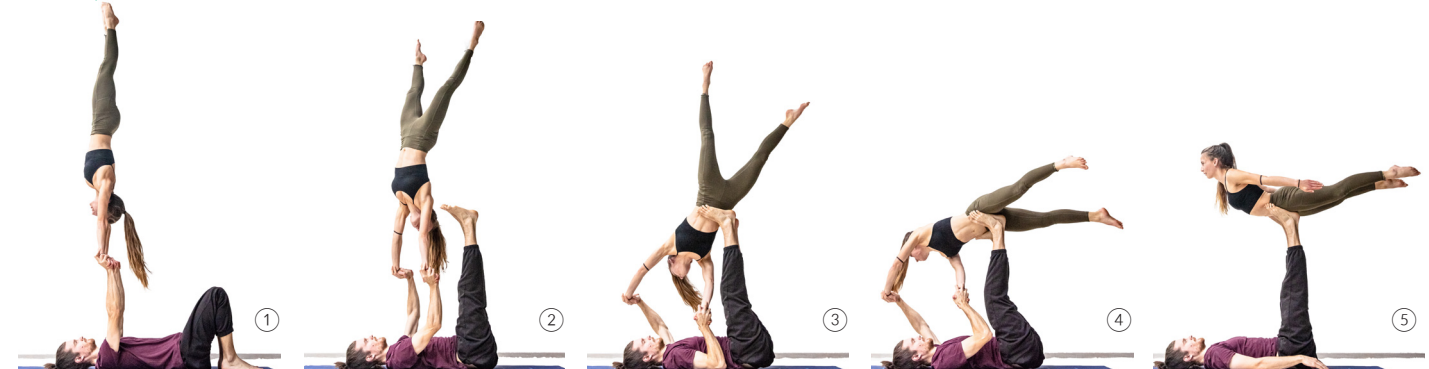
## BUDDHA



Starting in Hand to Hand, the Base reaches with his feet for the Flyers hips [2]. The Flyer then starts straddling her legs and the Base bends his arms [3].

Once her weight is on the Bases feet, the Flyer releases her hands to completes Buddha.

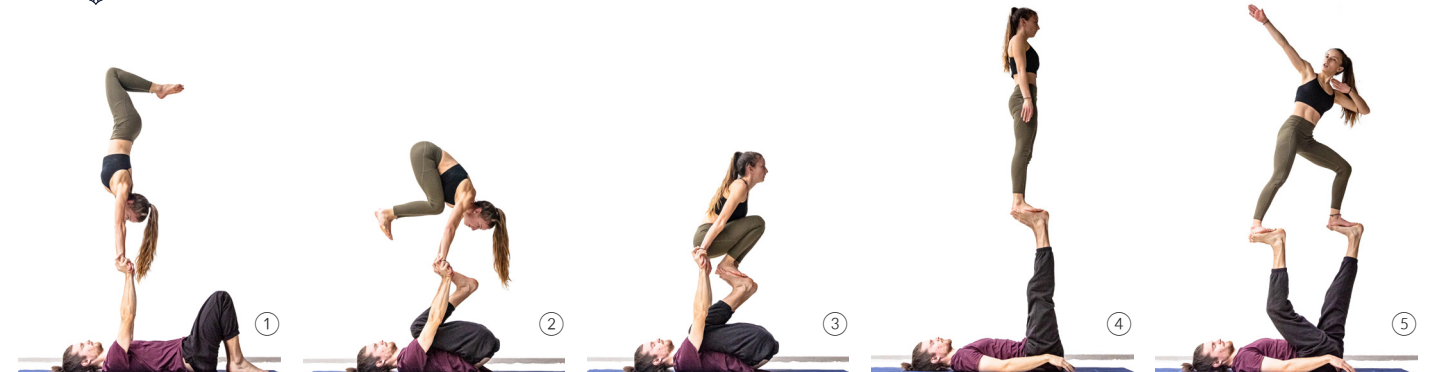
## BIRD



Starting in Hand to Hand, the Base starts rotating the Flyer counter clockwise with his arms [2]. The Flyer keeps her center of gravity between the Bases hands

then smoothly leans towards the Bases feet [3]. The Base cushions the landing and receives the Flyers hips with his feet to land in Bird .

## REVERSE FOOT TO FOOT



Starting in Hand to Hand, both Base and Flyer start bringing their feet towards the partner's feet [2]. It is important to maintain the line between the Bases and Flyers shoulders until the foot contact between Base

and Flyer is created [3]. Once these contact points are established, the Base extends his legs and the Flyer stands up to Reverse Foot to Foot.



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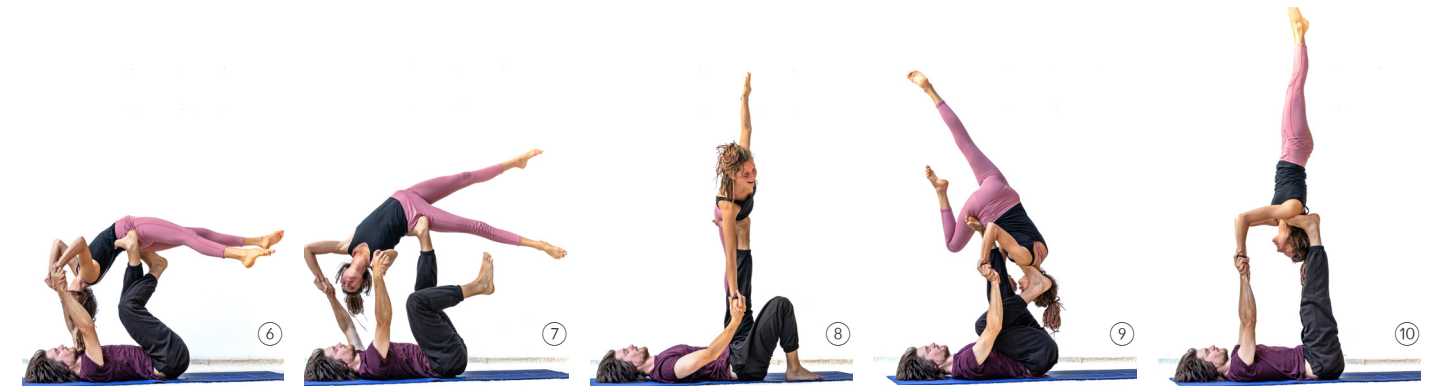
## 6| BOOM BAREBACK

Star > Bird Sidestar > Bird Sidestar > Star



Beginning in Star (1), the Base lowers the Flyer evenly by balancing her weight on three points of contact – both arms and the left foot – to receive her weight with his right foot at her hip (2). The Flyer then opens her body to her left and releases her right arm, to come to the Bird Sidestar on the Bases right foot (3).

Then the Base and Flyer rearrange the grip of their left hands, so that the Flyer is able to reach over her head with her right hand to connect with the Bases right hand (4). During this movement, the Flyer applies constant pressure towards the Bases shoulder. Next, the Base crosses his left foot in front of his right foot



toes (5) facing inwards, so that the Flyer is able to rotate along her axis (6-7) into the Bird Sidestar on the Bases left foot (8), releasing the left hands. They then turn the grip of their right hands and then connect their left hands again behind the Bases

leg, while the Flyer allows her weight to lower behind the Bases leg (9). Finally, the Base places his right foot under the Flyers right shoulder to bring her back to Star using the support of both arms (10).

## 7| BOOMERANG

Star > Bird Sidestar > Star



Beginning in Star (1), the Base lowers the Flyer evenly by balancing her weight on three points of contact – both arms and the right foot – to receive her weight with his left foot at her hip (2). The Flyer then opens

her body to her right (3) and releases her left arm, to come to the Bird Sidestar on the Bases left foot (4). Then the Base and Flyer rotate the grip of their right hands (5) as the Base rotates the Flyer so her head is

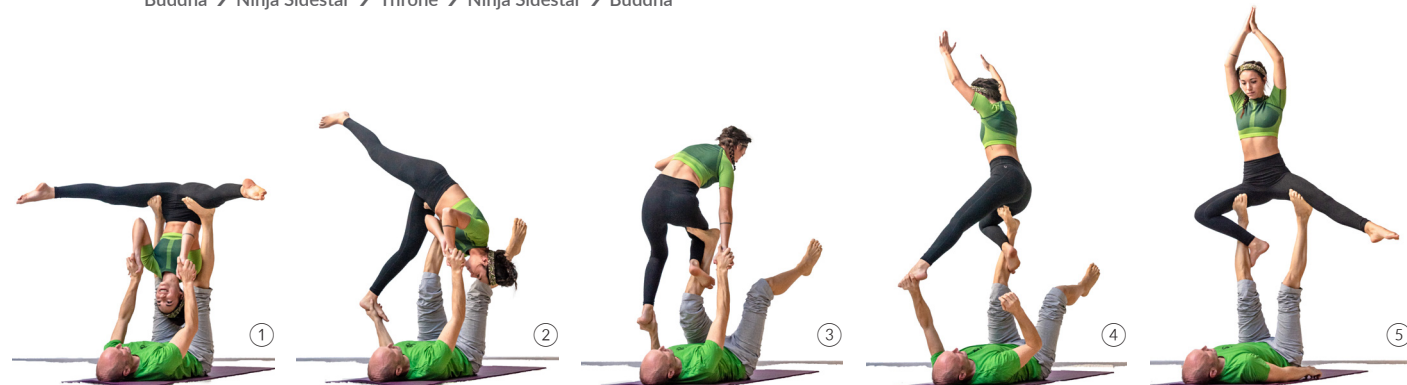


nearly over his (6). The Flyer shifts her center of balance diagonally to her back and offers her left hand over her head, which the Base takes with his left hand (7); at the same time, the Base brings his right foot

under the Flyers right shoulder. Finally, the Base transfers the Flyers weight from his left foot to his right foot to lift her back up into Star using three points of contact – both arms and the right foot.

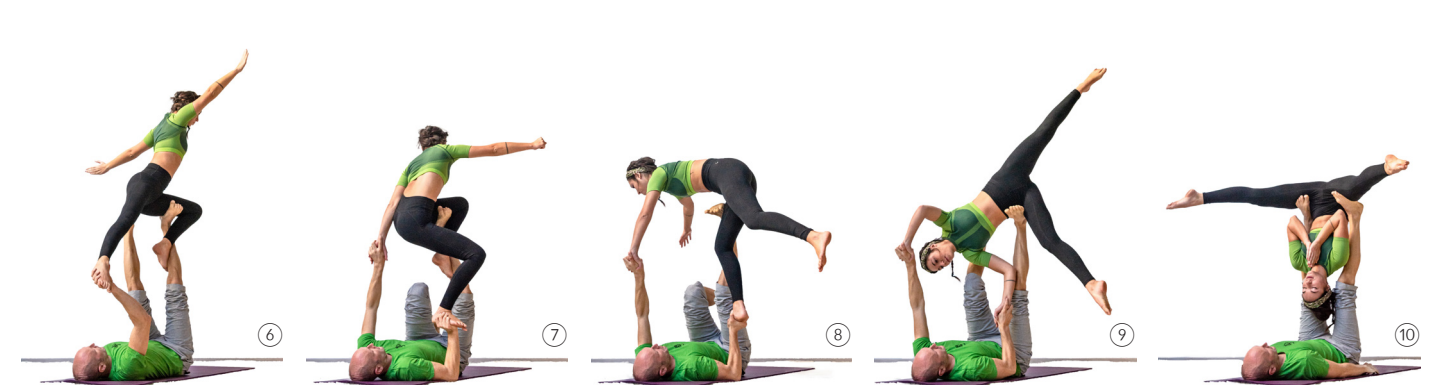
## 8| BUDDHA RISING

Buddha > Ninja Sidestar > Throne > Ninja Sidestar > Buddha



Beginning in Buddha (1), the Base bends his left leg, so the Flyer can rotate into Ninja Sidestar vertically by swinging her right leg over her body. The Base releases his left hand grip and takes the Flyers left foot in his left hand (2) and stabilises it to be able to support the

Flyers weight. The Flyer supports her weight on her extended right arm and left leg to swing her right leg onto the Bases left foot (3). The Flyer then hooks her right leg around the Bases left leg (4) and rotates her body to get into Throne (5).



From there, the Flyer shifts her weight to her left leg and continues her rotation to her left; when she releases her right leg, the Base takes her right foot with his right hand (6). Then, the Flyer lowers her torso to connect her left hand with the Bases left hand (7).

The Base stabilises his right arm on the ground in order to support the Flyers weight with two points of contact – hand to hand and hand to foot (8). The Flyer then rotates her body around her hip on the Bases right foot, to move through a Ninja Sidestar (9) back into Buddha (10).





Reverse Throne > Bird Sidestar > Inner Peace > Ninja Sidestar > Reverse Throne



Beginning in Reverse Throne (1), the Flyer and the Base connect their right hands (2). Then, the Flyer shifts her weight onto her left leg and swings her right leg to generate momentum, to rotate to her right into a Bird Sidestar on the Bases right foot (9).



During this motion, the Flyer maintains pressure on the Base through their connection from her elbow through his right arm to the floor. From the Bird Sidestar, the Base places his left foot under the Flyers sacrum, with his toes touching (10).



This allows the Flyer to transition smoothly through the Inner Peace (11) onto the Bases left foot (12) and then into a Ninja Sidestar on the Bases right foot (13). Finally, the Flyer lowers her left leg, hooks it into the Bases left leg (14) and shifts her center of gravity onto her left leg, to come back into the Reverse Throne (15).



Bird > Reverse Shoulderstand > Biceps Stand > Bird on Hands > Bird



Beginning in Bird (1), the Flyer maintains a straight line while the Base tilts her forward (2) to land in the Reverse Shoulderstand (3). The Base then puts his feet on the Flyers upper arms, hooked in at her elbow and the Flyer grips the Bases lower legs (4). Next, the Base extends his legs again, to bring the Flyer into a Biceps Stand (5).



From there, the Flyer rolls her body down between the Bases legs (6) and into an L position (7); during this movement, the Base collects the Flyer underneath her thighs. The Flyer then grips the Bases heels with her hands, such that her forearms lie fully on the soles of the Bases feet (8) and pulls herself up rotating around her elbows (9), to tuck above his feet (10) and lower herself between his legs (11-12) into a Bird on Hands (13).

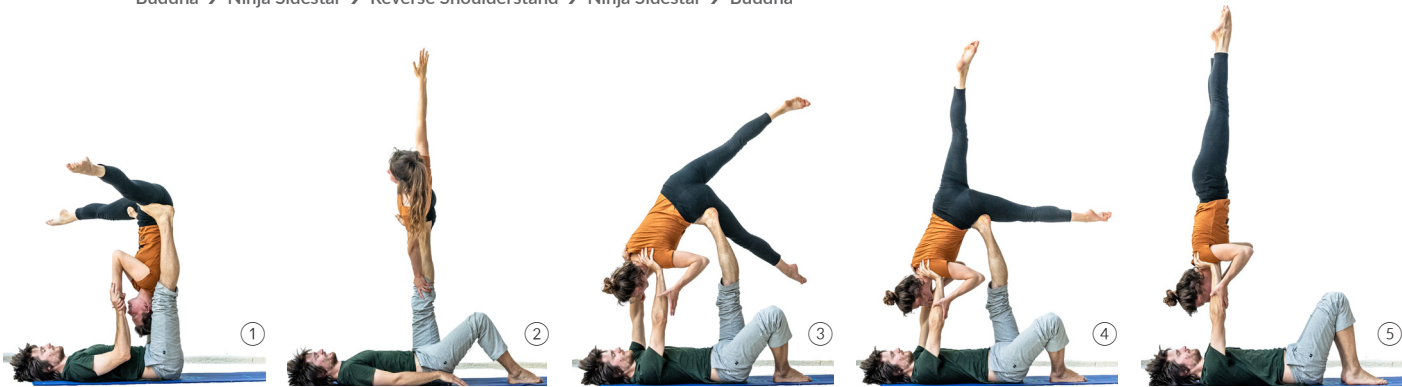


Finally, the Base shifts his hands to the outside by bringing his feet between them (14) and extends his legs to bring the Flyer back into Bird (15).



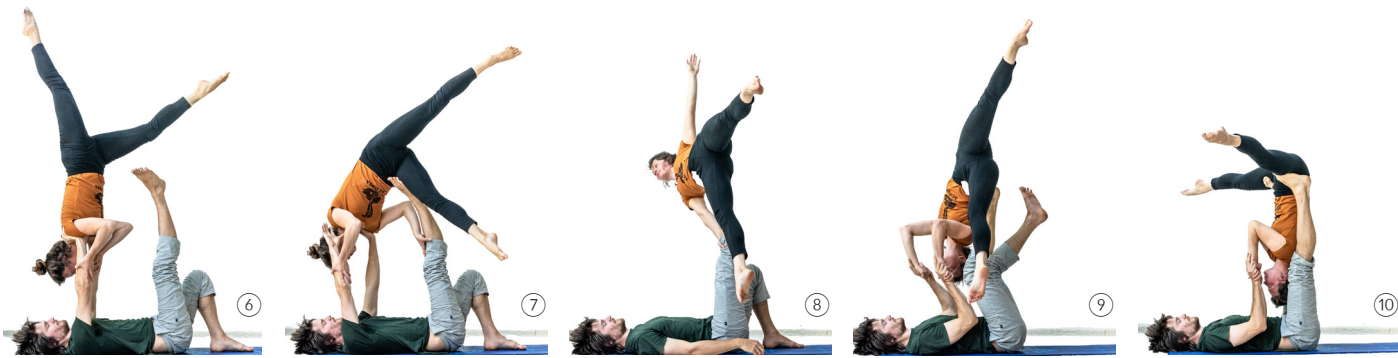
65| NINJACOPTER

Buddha > Ninja Sidestar > Reverse Shoulderstand > Ninja Sidestar > Buddha



Beginning in the Buddha, the Base bends his left leg and at the same time the Flyer picks up momentum with her right leg and right arm. The Base then starts to extend his left leg again, so that the Flyer arrives in the Ninja Sidestar at the moment when the Base's left leg is fully extended again (2).

The Flyer then tilts her upper body forward and the Base takes her shoulders in his hands with his arms outstretched (3). At the same time, the Flyer grips each of his lower arms and begins to tip her body forwards (4) to arrive in the Reverse Shoulderstand (5).

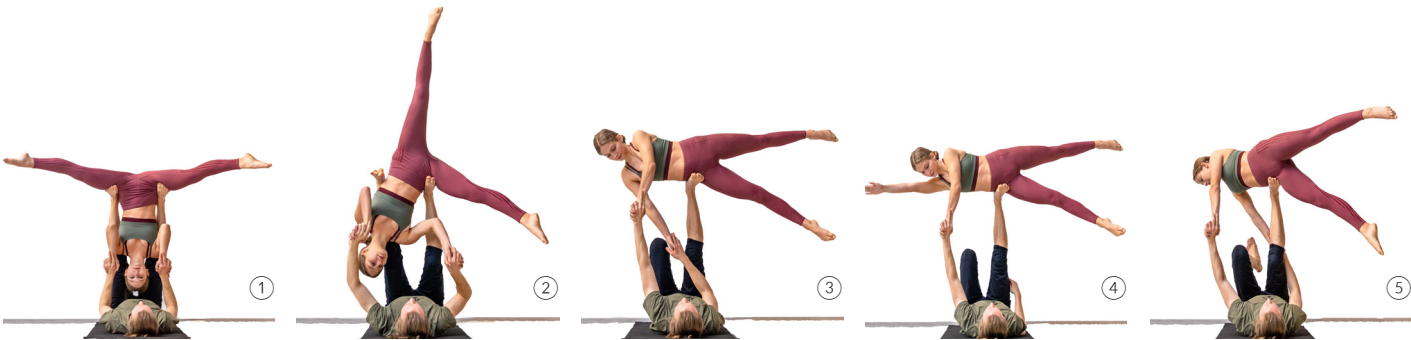


As soon as the Base feels the Flyers center of gravity is between his hands, he starts to turn the Flyer clockwise (6). The Flyer rotates her hips and uses her right leg to swing into the Ninja Sidestar on the Base's right foot (8).

Finally, the Base bends his right leg and Base and Flyer join hands (9) so that the Flyer can tilt back down into the Buddha.

66| NINJA STAR

Buddha > Ninja Sidestar > Reverse Bird > Ninja Sidestar > Buddha



Beginning in the Buddha, the Base bends his right leg and at the same time the Flyer picks up momentum with her left leg and left arm. The Base then starts to extend his right leg again, so that the Flyer arrives in

the Ninja Sidestar at the moment when the Base's right leg is fully extended again (4). The Flyer then takes the Bases right hand with her right hand behind his right leg (5), to rotate with both arms stretched via



a Reverse Bird (6) into the Ninja Sidestar on the Bases left foot (8). There, the Flyer and Base connect their

left hands and the Base bends his left leg (9) so that the Flyer can tilt into the Buddha.

67| NUNCHUK

Bird > Bird Sidestar > Reverse Backbird > Bird Sidestar > Bird



Beginning in the Bird, the Flyer passes her left hand through the Bases legs to the Base's right hand. As she does so, the Flyer rotates into Bird Sidestar on the

Base's right foot . The Base then continues to rotate the Flyer clockwise into the Reverse Backbird (6).



In this position, the Base points his toes together. From there, the Flyer rotates smoothly into the Bird Sidestar onto the Base's left foot (7).

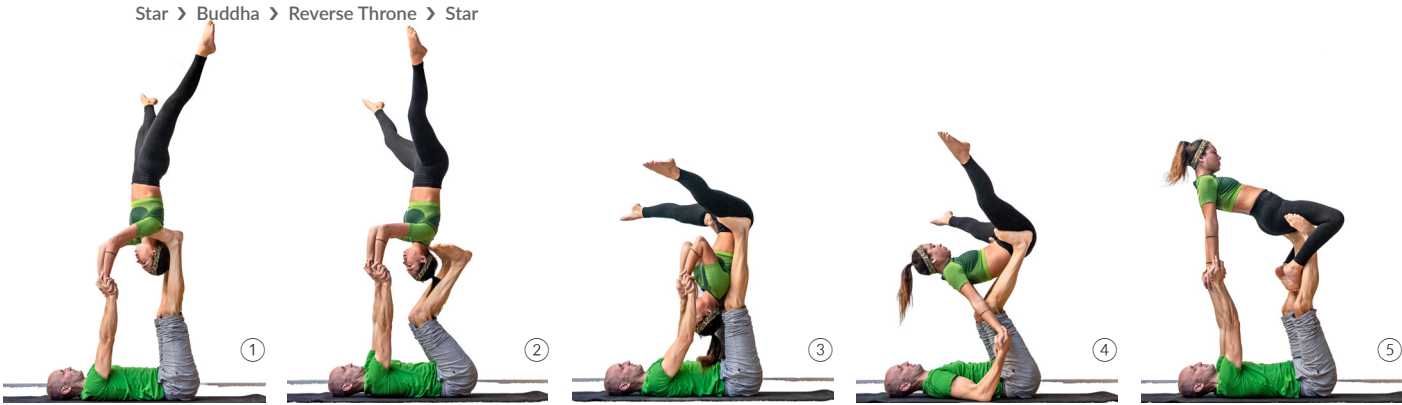
The Flyer then releases her right hand and later her left hand while the Base rotates her back into the Bird. Beginning in the Bird with the arms connected diago-



# 84| SPIDER ROLL

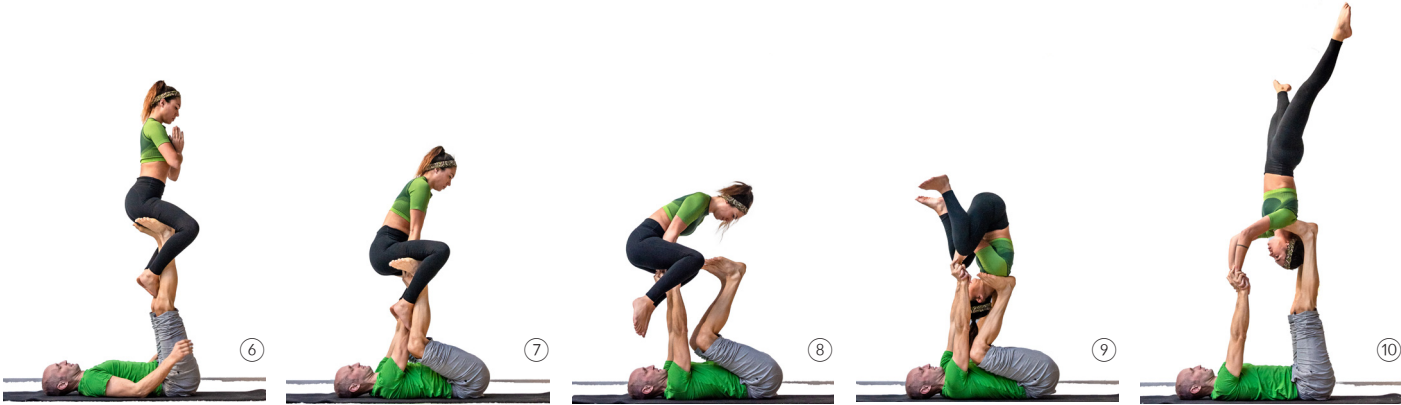


Star > Buddha > Reverse Throne > Star



Beginning in the Star, Flyer and Base connect both hands, right to right. The Base then pops the Flyer down and catches her softly in the Buddha (3).

The Flyer then reaches her arms behind her back for the Base to take (4), so that the Base can push the Flyer up into the Reverse Throne (6).



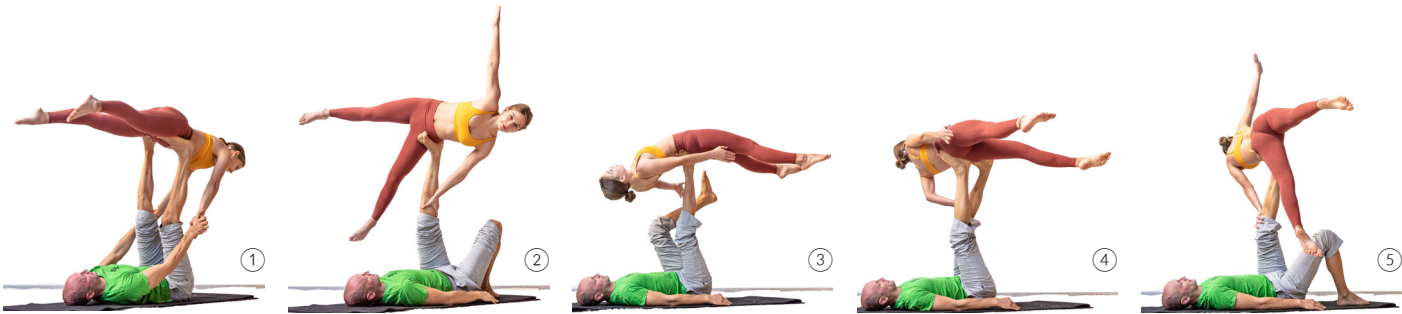
There, the Flyer and Base connect their hands between the Flyers legs (7); the Base needs to maintain a stable connection from his shoulders, through his hands all the way up to the Flyers shoulders. Next, the Flyer tilts forward from her elbows in a tight tuck

position, while keeping her weight over the Base's stable hand connection. As soon as the Flyers shoulders touch the Bases feet (9), the Flyer opens her hips and extends her legs again to return to the Star.

# 85| SPIN-TRONICS

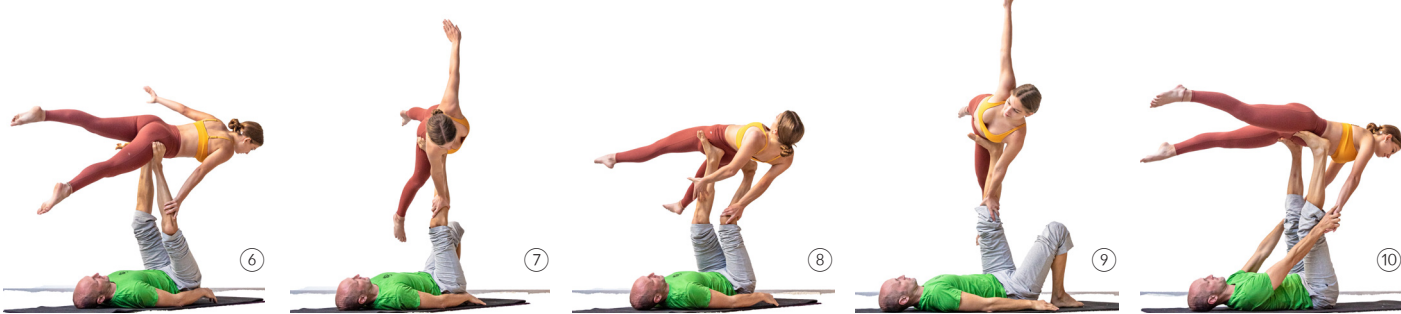


Reverse Bird > Ninja Sidestar > Inner Peace > Ganesha Sidestar > Reverse Bird > Ganesha Sidestar > Ninja Sidestar > Reverse Bird



Beginning in the Reverse Bird, the Flyer rotates through a Ninja Sidestar on the Base's left foot (2) onto the Base's right foot for the Inner Peace (3). During this transition, the Bases heels point together.

The Base then offers his left foot, on which the Flyer rolls her left hip, counter to her previous rotation, into the Ganesha Sidestar (5).



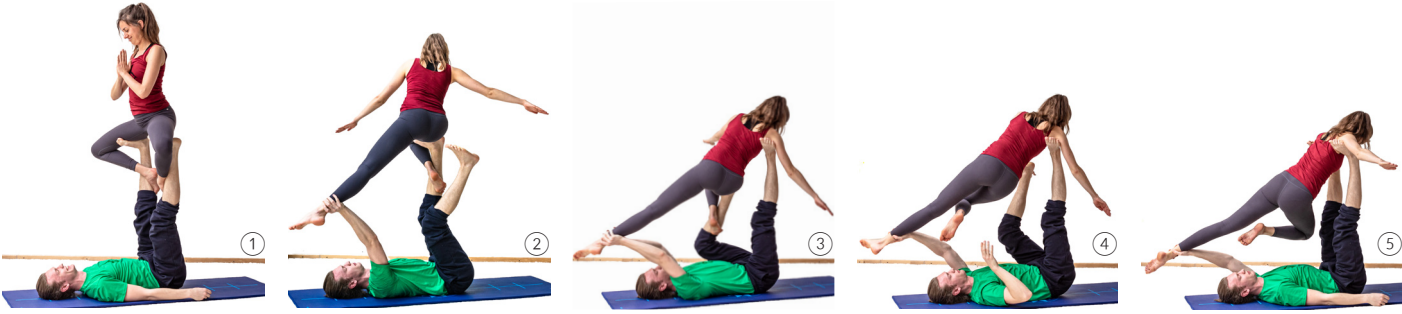
From there, the Flyer continues her new rotation via a Reverse Bird (6) onto the Base's right foot in a Ganesha Sidestar (7). Finally, the Base walks the Flyer back-

wards around her own axis into the Ninja Sidestar on his left foot (9) and then to her left back into the Reverse Bird (10).

# 86| SPIRAL

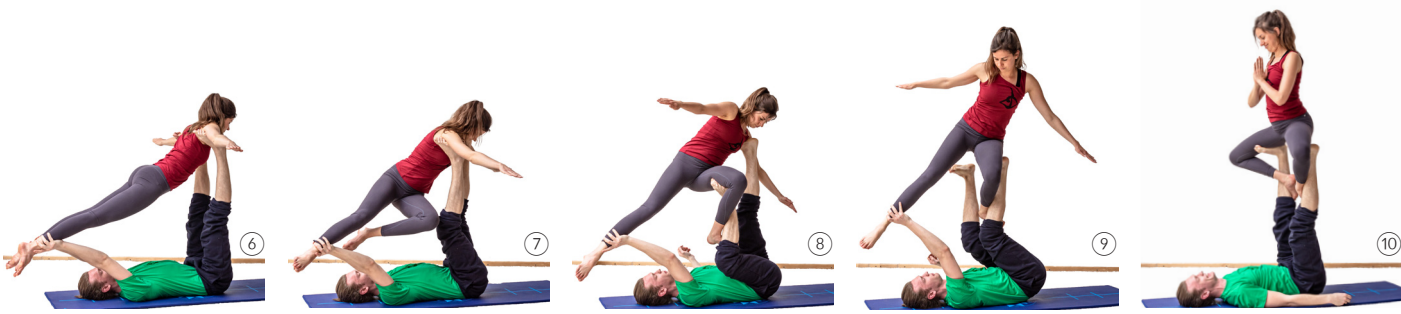


Throne > Throne



Beginning in the Throne, the Flyer turns to her right while she unhooks her left leg and extends it, which the Base takes with his right hand (2). The Base then brings his right foot under the Flyer's right armpit and

transfers the Flyer's left foot to his left hand (3). The Flyer then turns to bring her left armpit onto the Base's left foot (5) and extends her right leg, which the Base takes with his right hand (6).



Next, the Flyer takes her weight through her left armpit and right leg, in order to bring her left leg through and hook it into the Bases now free

right leg (8). Finally, the Base presses the Flyer back up into the Throne.



92| TEA CUP RIDE

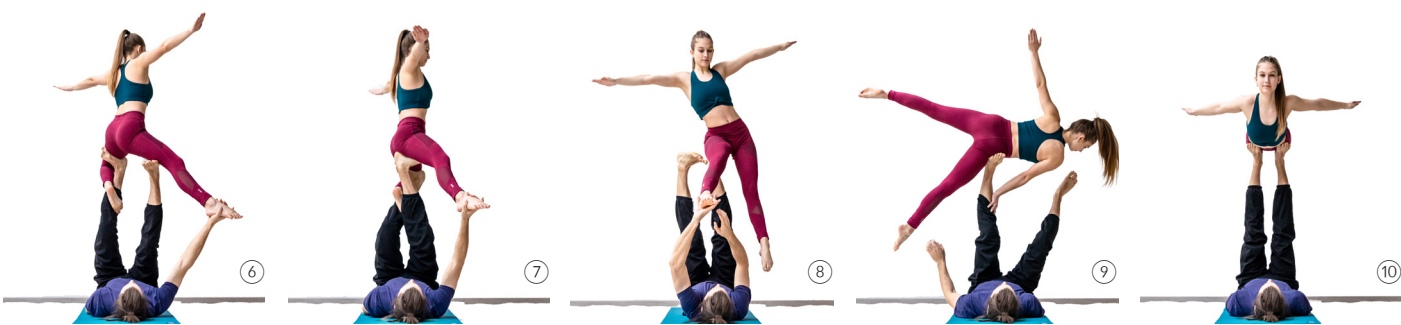


Bird > Bird Sidestar > Mono Goofy Throne > Reverse Throne > Bird Sidestar > Bird



Beginning in the Bird, the Flyer rotates into the Bird Sidestar on the Base's right foot (2). There, the Base grips the Flyer's left foot with his right hand. At the same time, the Base places his left foot under the Flyer's left thigh. The Flyer then rotates up into a Mono Goofy Throne on the Bases left leg while the Base transfers the Flyers

outstretched left leg from his right hand to his left hand (3). From there, the Flyer straddles her legs, to bring her right leg to the Bases right leg, and hooks her right leg into it (4); by then shifting her weight onto it, she can hook her left leg into his left leg for the Reverse Throne (5).



The Flyer again shifts her weight so she can unhook her right leg and extend it again (6). The Base then grabs the Flyer's right foot with his right hand, placing his right foot turned to the outside under the Flyer's right thigh (7).

The Base keeps the Flyer balanced with these two points of contact. Finally, the Base transfers the Flyer's foot to his left hand (8), allowing the Flyer to rotate via a Bird Sidestar on the Base's left foot to return to the Bird.

93| TIRAMISU



Reverse Star > Ninja Sidestar > Reverse Star



Beginning in the Reverse Star, the Flyer shifts her weight to her left shoulder and both hands. The Base then evenly lowers her using these three points of

contact while she twists her left hip down onto the Bases left foot for a Ninja Sidestar (5). There, the Flyer and Base rotate their hand connection 360°.



The Flyer then twists her upper body downwards, facing away from the Bases head (7) while passing her right hand behind her to connect with the Base's left hand. Concurrently, the Base brings his right foot to

the Flyers left shoulder (8). Finally, the Flyer generates momentum with her left leg to rotate while the Base brings his left foot to her right shoulder get return to the Reverse Star.

94| TRAPDOOR

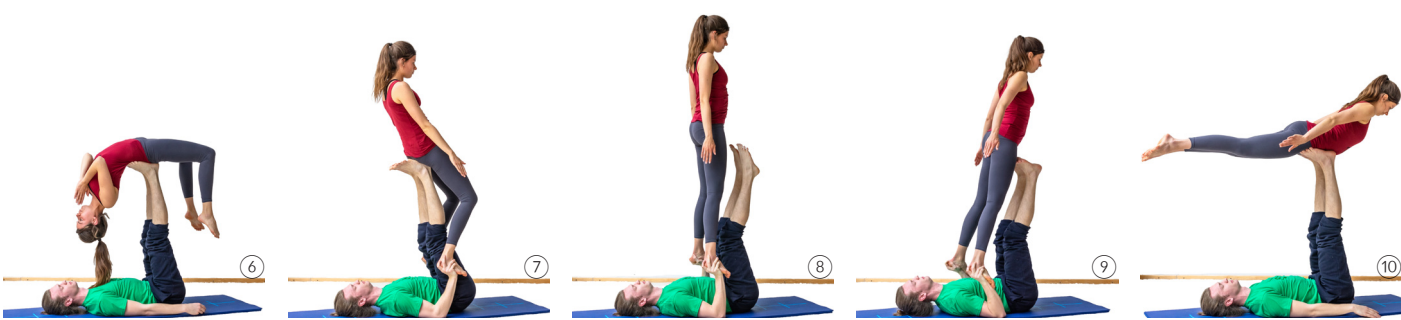


Reverse Bird > Backbird > Reverse Low Foot to Hand > Reverse Bird



Beginning in the Reverse Bird, the Flyer passes her right hand between the Base's legs to connect with the Base's right hand. The Base then turns his right heel outwards (2), so the Flyer can roll forwards around this pivot point (3) whereupon the Base brings

his left foot diagonally under her sacrum (4), to land in the Backbird (6). During this movement, the Flyer's left leg remains extended, such that her foot traces the largest possible arc around the Base; this helps maintain stability.



From the Backbird, the Base helps the Flyer to sit up by pointing his toes and the Flyer brings her feet backwards into the Bases waiting hands (7) to transition into the Reverse Low Foot to Hand (8). During this movement, the Base needs to continuously adjust the

angles of his forearms to match the Flyers shifting center of balance. Finally, the Base brings his forearms to the side of his head to slowly lower the Flyer back into the Reverse Bird on his feet.