

## **Silks 2.0 Pass-offs**

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- Standard wrap climb on each side
- Split straight arm hold 10 seconds
- Aerial double foot lock
- Aerial single foot lock
- Controlled straight leg invert in the knot

### **Additional moves**

- Cross Back Straddle
- Hip key from floor (aerial recommended)

## **Silks 3.0 Pass-offs**

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- Controlled straight leg aerial hip key
- Controlled aerial inversions (sides and center)
- Catchers wrap
- Crucifix
- Egg beater foot lock
- 30 second straight arm hang

### **Additional moves**

- Scorpion / Creature
- Infinity Drop