

Meta Title: How to Aerial: A Comprehensive Tutorial

Description: Learn how to perform an impressive aerial flip with this step-by-step tutorial. Become a ninja rockstar with our expert guidance.

How to Aerial: A Comprehensive Tutorial



Alt: The girl's doing somersaults

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The "How To" Aerial Flip Tutorial presented by Thomas Tapp offers valuable insights into mastering the art of performing an aerial flip. This tutorial delves into the intricate details of executing this challenging maneuver. Whether you are a seasoned parkour enthusiast or a martial arts enthusiast, the aerial flip is a dynamic skill that will elevate your abilities.

Key Concepts

The aerial flip is a captivating move that resembles a cartwheel or round-off, but with an exciting twist—it is performed entirely without the use of hands. This article provides a step-by-step guide to help you grasp the essentials of this challenging trick. To ensure your success, remember the following key points:

- 1. Consistency: The direction and landing of your aerial flip will typically mirror your cartwheel or round-off. This means you'll be moving in the same direction and landing on the same foot as your traditional moves.
- 2. Flexibility: Enhancing your flexibility is crucial for mastering the aerial flip. Specifically, focus on stretching exercises such as splits and the pike stretch to improve your agility and form.

Super FAST Progression Steps

(Note: This section offers progression steps for two different styles of aerial flips: the ninja style and the regular straight style. Choose the one that aligns with your comfort and skill level.)

Style 1: Ninja Aerial

- 1. Begin by mastering the cartwheel, ensuring precision and control in your execution.
- 2. Progress to performing a one-handed cartwheel or b-kick, introducing complexity into your routine.
- 3. Advance to the b-kick, emphasizing a more pronounced inversion as you execute the move.
- 4. Elevate your skills further by transforming the b-kick into a martial arts aerial, achieving a unique and impressive flair.

Style 2: Regular Aerial

- 1. Start by honing your round-off technique, focusing on the fluidity and precision of your movements.
- 2. Gradually introduce the aerial form into your routine by running and attempting the flip, with the added support of placing your hands down when needed.
- 3. Strive for perfection as you execute a clean and straight aerial flip, without relying on your hands for balance or support.

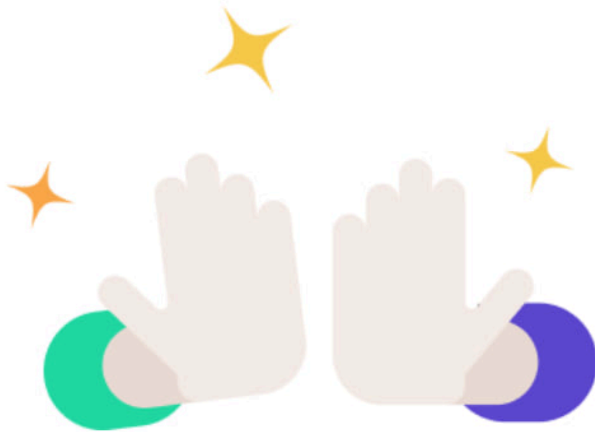
Comparison Table: Ninja Style vs. Regular Style

Aspect	Ninja Style Aerial	Regular Style Aerial
Skill Level	Intermediate to Advanced	Beginner to Intermediate
Execution Complexity	High	Moderate

Aesthetic Appeal	Martial Arts Flair	Classic Gymnastic Style
Progression Steps	One-handed Cartwheel, B-Kick, Martial Arts Aerial	Round-off, Running, Hands-Free Aerial Flip
Recommended for	Those seeking a dynamic and showy technique inspired by martial arts	Individuals looking for a foundational technique in aerial flips


Conclusion

Congratulations! By following this comprehensive tutorial, you've acquired the skills necessary to become a NINJA rockstar. Now, go out and showcase your newfound prowess to the world. Whether you choose the ninja style or the regular straight style, the aerial flip is an impressive feat that will undoubtedly leave a lasting impression on your audience. Keep practicing, refining your technique, and pushing your boundaries, and you'll continue to soar to new heights in your parkour or martial arts journey.



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