Beginner ****

**Introduction:**

-Welcome

-What hoop to use

-Hoop posture

-Warm Ups and Cool Downs

**Lesson One:**

- Waist Hooping

- Turning and Walking

- Passing

- Lift up to hand hooping

**Lesson Two:**

- Waist to Neck and Neck hooping

- Weave & weave to jump through

- The Vortex up and down

- Waist Breaks

- Step Through

**Lesson Three:**

- Leg Hooping

- The Helicopter

- Neck to Half Chest Hooping

- Kick up

- Basic Hand Spin and Open Palm Spin

**Lesson Four:**

- Beginning Chest Hooping

- Escalator Up

- Hip Hooping

- Tossing and catching

**Lesson Five:**

- Planes and how to control your hoop

- Thinking about Transitions

- Creating your own combos and finding your ‘flow’

**Lesson Six:**

Combos!

- Combo 1

- Combo 2

- Combo 3

- Combo 4

- Combo 5

Intermediate



**Lesson One:**

- Arm Duck outs

- Shoulder Duck outs

- Chest hooping without arms

- Shoulder hooping

**Lesson Two:**

- Vertical Waist hooping and breaks

- Knee hooping up to waist

- Vortex from knees

- Jump through to Vortex to waist and to hands

**Lesson Three:**

- Intro to Isolations

- Two handed isolations

- Isolation Barrel roll, two handed and one handed

- Smear and Spinning smear

**Lesson Four:**

- Introduction to chest rolls

- One side chest rolls

- Full chest rolls

- Cat eyes isolation

- Escalator up and down

**Lesson Five:**

- Introduction to shoulder rolls

- One sided back roll

- Full back roll

- Horizontal chest hooping

- Barrel rolls

**Lesson Six:**

- Combos and transitions

Multi-hooping



**Lesson One:**

Two Hoops off-body

- Elbow and hand

- Wrists and hand

- Same time, split time, different directions

- Hand spins and anti-spins

**Lesson Two:**

Two Hoops on-body

- Hand hooping while knee, waist, chest, neck, and wrist hooping

-  Splitting waist hoops

- Knees and waist

- Waist and chest

**Lesson Three:**

Three Hoops

**Lesson Four:**

Four Hoops

**Lesson Five:**

Five Hoops

**Lesson Six:**

Extra

- Hoop wings

- Hoop globe