

Intro to Pole Tricks Program.

Prerequisites: NONE

Spins

1. Walk around the pole
2. Basic Knee spin
3. Chair spin
4. Fireman
5. Front Hook spin
6. Step Around spin
7. Reverse Hook spin
8. Fairy spin
9. Basic Knees spin
10. Pole climb

Elements

1. Crucifix
2. Pirouette
3. Pole Sit

Length of the program 1-3 months based on 2x a week attendance.

Beginner Level Tricks Program

Suggested Prerequisites:

Intro to Pole Course or 4-8 Intro Level Pole Tricks Classes.

Spins

1. Basic knee spin (Knees spin)
2. Front Hook Spin (Fairy Spin)
3. Reverse Hook Spin
4. Chair spin (Reverse Grab)
5. Fireman (Figure skater)
6. Cradle
7. Step around spin
8. Pretzel Spin
9. Pirouette
10. Siren Spin

Elements

- | | |
|----------------|-----------------------|
| 1. Crucifix | 8. Fan Kick |
| 2. Pole Climb | 9. Jasmine |
| 3. Figure Head | 10. Martini |
| 4. Pole Sit | 11. Basic Invert |
| 6. Layback | 12. Static V |
| 7. Jamilla | 13. Inverted Crucifix |
| | 14. OLH |

Length of the program 6 - 12 months based on 2x a week attendance.

Intermediate Prep Level Tricks Program

Prerequisites:

Minimum of 40 Beginner level tricks classes and instructor approval or Climb, Layback, Inverted Crucifix, Jamilla, Static V, OLH, Chair Spin on static.

(3 times on each side, 3 second hold).

1. Static V
2. Syren Spin on spin/static
3. Jamilla, Apprentice
4. Reverse Grab / Sunwheel/ Reverse Sunwheel-Flare-Pretzel combo on spin.
5. Layback no hands
6. Brassmonkey
7. Caterpillar push ups
8. Outside Leg Hang
9. Genie, Gargoyle
10. Twisted Hip hold, Leg / Body Switches
11. Butterfly / Extended Butterfly
12. Superman, Superman to ILH transition
13. Inside Leg Hang / Flat Line/Hip Hold Pike
14. Inverted Straddle
15. Elbow stand, Handstand
16. Iguana
17. Ballerina / Twisted Ballerina on spin/static
18. Cupid, Peter Pan
19. Side Climb on spin/static

Length of the program is 9 - 12 months based on 2x a week attendance.

Intermediate Level Pole Tricks Program

Prerequisites:

Minimum of 40 Intermediate - Prep Level classes, *and instructor approval, or OLH/ILH, Brass Monkey, Superman, Inverted Straddle* **3 times on each side** (3 seconds hold).

1. Superman Drop, Titanic
2. ILH/OLH Flips
3. Brass Monkey Flip
4. Cartwheels
5. Inverted D / Poison
6. Shoulder Mount
7. Ayeshas and Handsprings: twisted, true, cup, elbow, reverse elbow grip. Half Ayesha
8. Handstands
9. Splits: Jade, Allegra, Jallegra, Plus Sign, Tulip, Crossbow, Chopsticks, etc.
10. Capezio
11. Ballerina
12. Cupid
13. Bridge
14. Cocoon / Inverted Eagle
15. Static spins (reverse grab, cup grip), Phoenix
16. Caterpillar climb
17. Janeiro
18. Pegasus
19. Russian Layback

Length of the program 12-24 months based on 2x a week attendance..

Advanced Level Pole Tricks Program

Prerequisites:

Minimum of 3 years experience plus Twisted and True Grip Handsprings and Aerial Shoulder Mount **3 times on each side** (3 seconds hold).

1. Cup grip, Full Moon
2. Ayesha pops
3. Handstands
4. Cartwheels, flips
5. Fongi
6. Deadlifts
7. Russian Split
8. Sneaky V
9. Marion Amber
10. Spatchcock
11. Eagle
12. Bird of paradise
13. Pegasus
14. Janeiro
15. Inverted Eagle/Cocoon
16. Machine Gun
17. Phoenix
18. Flying K split

Length of the Advance level - Lifetime.