

POLE LEVELS – where are you up to?

BEGINNERS

ALL LEVELS WELCOME



BEGINNERS 2

I HAVE COMPLETED A BEGINNERS COURSE

I CAN CONFIDENTLY: BASIC INVERT; CLIMB TO THE TOP OF THE POLE; LAYOUT;
HEADSTAND



INTERMEDIATE 1

I HAVE COMPLETED THE BEGINNERS 2 COURSE

I CAN CONFIDENTLY: LAYBACK; INVERTED V (BOTH SIDES); WRIST SIT; BABY RAGDOLL



INTERMEDIATE 2

I HAVE COMPLETED THE INTERMEDIATE 1 COURSE

I CAN CONFIDENTLY: OUTSIDE LEG HANG; CATERPILLAR; HANDSTAND DISMOUNT
(FROM INVERT); AERIAL INVERT



INTERMEDIATE 3

I HAVE COMPLETED THE INTERMEDIATE 2 COURSE

I CAN CONFIDENTLY: PIKE; INSIDE LEG HANG; SHOULDERMOUNT (TRADITIONAL GRIP);
BOW & ARROW; BUTTERFLY

PRE-ADVANCED

I HAVE COMPLETED THE INTERMEDIATE 3 COURSE

I CAN CONFIDENTLY: LEG SWITCH; CUPID; PENCIL; GENIE, CIRCUS CLIMB (3 IN A ROW)



PRE-ADVANCED 2

I HAVE COMPLETED THE PRE-ADVANCED COURSE

I CAN CONFIDENTLY: STRAIGHT LEG BUTTERFLY; SUPERMAN; STRAIGHT LEG INVERT (BOTH SIDES); SHOULDER MOUNT V (CUP GRIP)



PRE-ADVANCED 3

I HAVE COMPLETED THE PRE-ADVANCED 2 COURSE

I CAN CONFIDENTLY: DEVILS 3 POINT SHUFFLE (3 IN A ROW); STRAIGHT LEG SHOULDER MOUNT; GENIE > BRASS MONKEY; VANITY



ADVANCED 1

I HAVE COMPLETED THE PRE-ADVANCED 3 COURSE

I CAN CONFIDENTLY: PLANK; CUPID HOLDING FOOT; ALLIRA FLIP; CUPID > BUTTERFLY; STATIC



ADVANCED 2

I HAVE COMPLETED THE ADVANCED 1 COURSE *TWICE*

I CAN CONFIDENTLY: TRUE GRIP HANDSPRING; AERIAL SHOULDERMOUNT; STRAIGHT EDGE; SHOULDER MOUNT > BRASSMONKEY; JAMILLA > BUTTERFLY



ADVANCED 3

I HAVE COMPLETED THE ADVANCED 2 COURSE *TWICE*

I AM ENROLLED IN AN ADDITIONAL POLE/AERIAL/STRENGTH CLASS

I AM ENROLLED IN A FLEX CLASS

I CAN CONFIDENTLY: RAGDOLL > STEP UP; BUTTERFLY FLIP; FRONT ENTRY HANDSPRING; SNEAKY V



ELITE

INVITATION ONLY