



## POLE LEVELS

Before booking your classes it is important to make sure you have mastered some essentials before progressing to a higher level. This is for your own safety, the safety of your instructor and other class members. We encourage you to be honest with yourselves and follow our guidelines set out below to help you progress correctly and to avoid injury and confidence issues. If you are unsure or would like some guidance please talk to Gem or your instructor and they will be able to point you in the right direction.

**Beginners** – All levels welcome

**Beginners 2** – I have done a Beginners course and I can *confidently* do a;

- Basic Invert
- Climb to the top of the pole
- Layout
- Headstand

**Intermediate 1**– I have completed the Beginners 2 and I can *confidently* do a;

- Inverted V – both sides
- Layback
- Wrist Sit
- Baby Ragdoll

**Intermediate 2**– I have completed the Intermediate 1 and I can *confidently* do a;

- Outside leg hang
- Caterpillar/Inverted chair pose
- Handstand dismount – from invert
- Aerial invert

**Intermediate 3** – I have completed Intermediate 2 and I can *confidently* do a;

- Pike
- Inside leg hang
- Shoulder mount – traditional grip
- Bow & Arrow
- Butterfly

**Pre-Advanced** – I have completed Intermediate 3 and I can *confidently* do a;

- Leg switch
- Cupid
- Pencil
- Genie
- Circus climbs (min 3 in row)



**Pre-Advanced 2** – I have completed Pre-Adv 1 and I can *confidently* do a;

- Straight leg butterfly
- Superman
- Straight leg invert – both sides
- Shoulder mount V – cup grip

**Pre-Advanced 3** – I have completed Pre-Advanced 2 and I can *confidently* do a;

- Devils 3 point shuffle x 3
- Straight leg shoulder mount
- Genie > Brass monkey
- Vanity

**Advanced 1** – I have completed Pre-Advanced 3 and I can *confidently* do a;

- Cupid holding foot
- Plank
- Allira Flip
- Cupid > Butterfly
- Static V

**Advanced 2** – I have completed Advanced 1 twice and I can *confidently* do a;

- True grip handspring
- Aerial shoulder mount
- Straight edge
- Shoulder mount to brass monkey
- Jamilla > Butterfly

**Advanced 3** – I have completed Advanced 2 twice and I can *confidently* do a;

- Ragdoll to step up
- Butterfly flip
- Front entry handspring
- Sneaky V
- I am enrolled in a Flex class
- I am also enrolled in a additional Pole/Aerial/Strength class

**Elite** – Invitation only.