



## POLE GRADING MOVES

You can perform any 8 of the 16 moves, in any variation. If the move is marked 'compulsory' then you have to perform it as one of your moves.

### ADVANCED LEVEL 5

1. Jade
2. Allegra
3. Russian Split
4. Toothbrush
5. Chopsticks
6. Butterfly extended twist (one hand)
7. Shoulder Mount (no hands)
8. Layback (open legs)
9. Dangerous Brian
10. Capezio
11. Superman no hands
12. Dangerous Bridge
13. Layback One Side
14. Brass Monkey Arch
15. Remi Lean Back
16. Back Support Plank

### ADVANCED LEVEL 6

1. Jade drop
2. Cocoon
3. Iron X
4. Spatchcock
5. Titanic
6. Janeiro Plank
7. Upright Iguana
8. Elbow Hold Iguana
9. Iguana Horizontal (aka Planche)
10. Bielman
11. Starfish
12. Handspring Backwards Knee Hook
13. Inverted Pole Straddle
14. Iron Arrow
15. Aeroplane
16. Elbow Hold Passé



ADVANCED LEVEL 5

Jade



Allegra



Russian Split



Toothbrush



Chopsticks



Butterfly extended twist (one hand)



Shoulder Mount (no hands)



Layback (open legs)



Dangerous Brian



Capezio



Superman no hands



Dangerous Bridge



Layback One Side



Brass Monkey Arch



Remi Lean Back (aka Chinese Pole Sit)



Back Support T



ADVANCED LEVEL 6

Jade drop



Cocoon



Iron X



Spatchcock



Titanic



Janeiro Plank



Upright Iguana



Elbow Hold Iguana



Iguana Horizontal (aka Planche)



Bielman



Starfish



Handspring Backwards Knee Hook



Inverted Pole Straddle



Iron Arrow



Aeroplane



Elbow Hold Passé

