



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.

INTERMEDIATE LEVEL 3

1. Apprentice
2. Drama Queen
3. Handstand Mount
4. Gemini
5. Iguana
6. Western Flag
7. Bow and Arrow
8. Embrace
9. Cupid
10. Invert Thigh Hold
11. Superman
12. Table Top
13. Bat Spin
14. Shoulder Mount
15. Pole Split
16. One Leg Hold

INTERMEDIATE LEVEL 4

1. Aerial Invert
2. Brass Monkey
3. Caterpillar Up
4. Flag Sideways
5. Airwalk
6. Cupid (no hands)
7. Dare Devil
8. One-Handed Invert
9. Extended Butterfly
10. Dolphin
11. Avatar
12. Handspring
13. Inverted Straddle forearm grip
14. Inverted Teddy Bear
15. Jeanie
16. Pole Split elbow hold



INTERMEDIATE LEVEL 3

Apprentice



Drama Queen



Handstand Mount



Gemini



Iguana



Western Flag



Bow and Arrow



Embrace



Cupid



Invert Thigh Hold



Superman



Table Top



Bat Spin



Shoulder Mount



Pole Split



One Leg Hold



INTERMEDIATE LEVEL 4

Aerial Invert



Brass Monkey



Caterpillar Up



Flag Sideways



Airwalk



Cupid (no hands)



Dare Devil



Madonna (Knee Hold)



Extended Butterfly



Dolphin



Avatar (aka Marley)



Handspring



Inverted Straddle forearm grip



Inverted Teddy Bear



Jeanie



Pole Split elbow hold

