



# BEGINNER POLE GRADING MOVES

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

## BEGINNER LEVEL 1

1. Back Arch
2. Back Slide
3. Dip to Wraparound
4. Jump Slide
5. Basic Front Hook Spin
6. Sit lean back
7. Crucifix
8. Elbow Stand
9. Basic Invert (compulsory)
10. Sit Holding (compulsory)
11. Back Hook Spin
12. Fireman Spin
13. Attitude Spin
14. Cartwheel
15. 90 Degree Floor Turn
16. Shoulder Stand

## BEGINNER LEVEL 2

1. Chair Spin
2. Back Roll
3. Scissor Kick
4. Climb
5. Side Seat
6. Wrist Seat
7. Layout
8. Lean Back
9. Crow
10. Titanic
11. Attitude Spin (split grip)
12. Cradle Spin
13. Flying Spin
14. Angel Spin
15. Invert Crucifix
16. Helicopter



## BEGINNER LEVEL 1

Back Arch



Back Slide



Dip to Wraparound



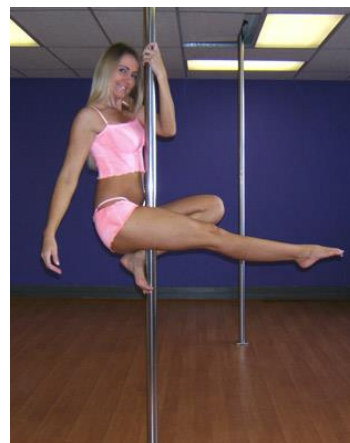
Jump Slide



Basic Front Hook Spin



Sitting Arrow



Crucifix



Elbow Stand



Basic Invert (compulsory)



Sit Holding (compulsory)



Back Hook Spin



Fireman Spin



Attitude Spin



Cartwheel



90 Degree Floor Turn



Shoulder Stand



BEGINNER LEVEL 2

Chair Spin



Back Roll



Scissor Kick



Climb



Side Seat



Wrist Seat



Layout



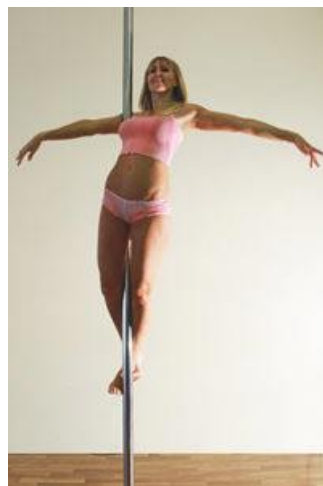
Lean Back



Crow



Titanic



Attitude Spin (split grip)



Cradle Spin



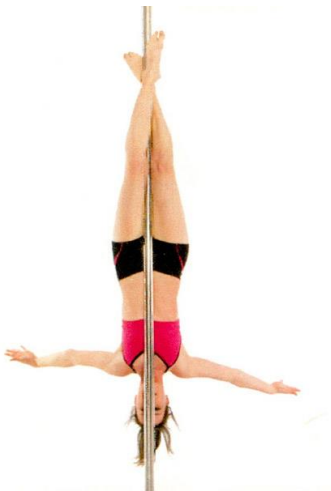
Flying Spin



Angel Spin



Invert Crucifix



Helicopter

