

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



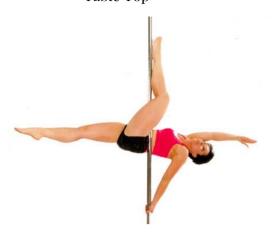
Iguana Western Flag Embrace Bow and Arrow Cupid Invert Thigh Hold

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Superman



Table Top



Bat Spin



Shoulder Mount



Pole Split



One Leg Hold



INTERMEDIATE LEVEL 4

Aerial Invert



Brass Monkey

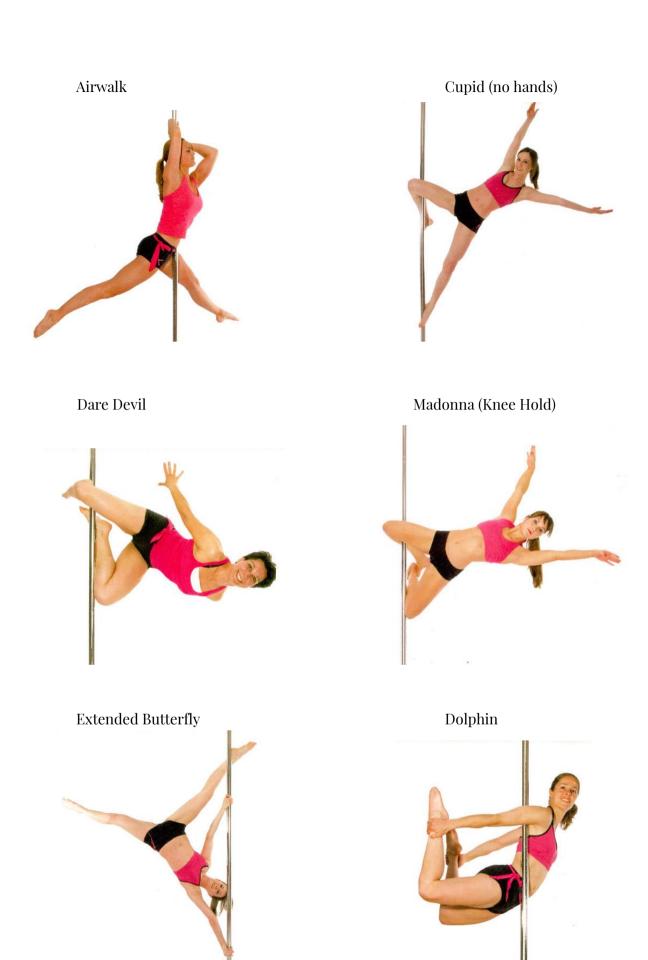


Caterpillar Up



Flag Sideways





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Avatar (aka Marley)



Handspring



Inverted Straddle forearm grip



Inverted Teddy Bear



Jeanie



Pole Split elbow hold

