

SYDNEY POLE

TECHNIQUE LEVEL PREREQUISITES

To enrol in TECHNIQUE 1

Spinning climb > stand
Sit on pole > Layout
Front Hook > Back Hook
Consecutive Climbs - as high as possible

To enrol in TECHNIQUE 2

Hello Boys
Ankle Grab > Bat - back shin/ankle on pole
Cross Leg Hangback - no hand on foot
Layout Variations - straight, scissor, stag legs

To enrol in TECHNIQUE 3

Straddles - spinning forward, froggie legs acceptable
Outside Leg Hang - spinning forward
Outside Leg Hang > Bat > Superman exit

To enrol in TECHNIQUE 4

Outside Leg Hang (OLH) - spinning forward and backward
Inside Leg Hang (ILH) - spinning forward and backward
Butterfly - entry from Ankle Grab & Outside Leg Hang
Shoulder Mount Prep - various grips, chest horizontal

To enrol in TECHNIQUE 5

Extended Butterfly
Shoulder Mount - controlled froggie legs acceptable
Aerial Straddles - any entry, one leg straight
Leg Switches (ILH > OLH and OLH > ILH)
Advanced Jamilla
Aerial Ballerina or Aerial Torvill

To enrol in TECHNIQUE 6

Aerial Straddle - any entry, both legs straight
Static V - split grip
Brass Monkey - hands off
Shoulder Mount > Outside Leg Hang - one leg straight
Jade Split
Cup Grip Butterfly

To enrol in TECHNIQUE 7

Static V - Split grip, Twisted grip and Cup grip
Aerial Shoulder Mount > Brass Monkey - both legs straight, holding shoulder mount before transitioning, spinning forward & backward
Aerial Straddles - both legs straight, spinning forward and spinning backward

To enrol in TECHNIQUE 8

You must submit a video assessment demonstrating the following Technique 8 Prerequisites.

Handspring - split grip & one other grip of your choice, one with a forward entry, the other a back entry
Splits - must have one front split flat, the other side to be 10cm or less from ground. Middle splits to be 10cm or less from ground.
Aerial Reverse Straddle > Chopper/Flare legs > Forward Straddle - both legs straight for entire transition
Aerial Shoulder Mounts - in various grips from various positions, spinning forward and backward
example: Figure Skater to cup grip Shoulder Mount and Superman to mixed grip Shoulder Mount

EMAIL TO: info@sydneypole.com

STUDENTS MUST BE ABLE TO EXECUTE ALL TRICKS ON BOTH SIDES

CONSISTENTLY - Every time you attempt it - you nail it!

SAFELY - Grip is secure, no excessive re-gripping, slipping or falling

REPEATEDLY - At least 3 x within one class

WITH CONTROL - A strong and clean entrance & dismount

CONFIDENTLY - Without hesitation, on BOTH SIDES, for a minimum of 10 seconds each time