

Pole Level 1 Course

Course Goals: Students in the Pole Level 1 Course should learn pole safety and develop an understanding of static pole as an apparatus (i.e. know how clean the pole, how to grip, etc.). Students will work on the core moves and 1-2 minute choreography.. Students will leave the course knowing how to climb, sit, and complete basic spins on static pole. Additionally, students should learn fan kicks to prep for inversion, floorwork, and the terminology of various grips on pole. Finally, students will learn exercises to start building up their strength and flexibility.

Note: Progressions may be higher level tricks.

Core Moves

Name	Variation(s)	Progression(s)	Regression(s)
Attitude Spin	Reverse Attitude Spin	Body Spiral	Fireman Spin
Carousel Spin	Legs straight; forearm grip; full bracket grip	Straddle Spin	Chair Spin
Chair Spin		Carousel Spin	Hook Spin
Cradle Spin	Forearm grip; full bracket grip	Apprentice	
Cross Ankle Sit	Cross Knee Sit	Crucifix	Keep both hands on
Crucifix		Drama Queen, one leg off	Cross Ankle Sit
Diamond (floor pirouette)		Multiple in a row	Twisted grip pirouette
Dip Spin		Dip Spin to Reverse Attitude/Hook Spin, drag spin	
Double Knee Hook Spin/Mermaid Spin		Drag Spin	
Drag Spin		Hitch Kick	Double Knee Hook Spin
Drama Queen	Pike Thigh Hold	Drama Queen Drop	Crucifix, keep hands on
Fireman Climb	Add body wave	Hold pencil in between each climb; Spinning Fireman Climb	Lift legs one at a time
Fireman Spin	One or both legs straight	Straddle Spin, Chair Spin	Fireman Climb
Floor Cupid	Floor Cupid Crunches	Cupid (modified)	Keep hands on
Floor Superman	Closed Floor Superman/Floor Dove	Superman	Conditioning, e.g. Swimmer Pose

Gallop Spin		Doing multiple spins consecutively	Dip Spin
Hook Spin	Reverse Hook Spin	Dip Spin to Reverse Hook Spin	Double Knee Hook Spin
Juliet Spin		Juliet Spin to Log Roll, on static	Use both hands
Log Roll	From standing, from sitting		
Pinwheel			Cradle
Platter Grip Floor Pirouette		Multiple in a row	Platter grip pirouette
Pole Bridge		One Legged Pole Bridge	Bridge
Pole Fan Kick	Different grips (split, double cup, lever)	Fan Kick to Inversion	Floor Fan Kick
Pole Pirouettes	Passe Pole Pirouettes, platter grip/twisted grip; floor pirouettes	Multiple Pole Pirouettes in a row; Pirouette to spin	
Pole Sit	Knee crossed	Plank	
Pole Switch Kick		Kicking hard enough to bring torso parallel to floor	
Shoulder Roll	Straight legs	Floor fan to shoulder roll, fish flop, forward shoulder roll	Plow stretch
Shoulder Stand	Different leg positions	Floor jade	Plow stretch
Spinning Fireman Climb		Spinning Fireman Climb to Cross Ankle Sit	Fireman Climb
Spin to Stand	Spin to Spider, Spin to Fireman Spin	Spin to Stand to Pole Pirouette	Fireman Spin
Straddle Spin	Forearm grip; full bracket grip		Carousel Spin
Rockstar Spin		Straddle Spin	Fireman Spin; Hollywood Spin

Core Moves should be completed on both sides (as applicable). Spins should be done on both spinning and static poles.

Students should learn how to spin on static versus spinning poles.

Additionally, students should be working on split (bracket) grip, baseball (half bracket) grip, bicep grip, twisted grip, and elbow grip, . However, students will not be required to demonstrate these grips to pass into Level 1 classes.

Beginning students should NOT be inverting

Choreography: Students will work on 30-60 second sequences of choreography at least every other week. Students will be given time to work on improv dance at least every other week.

Strength: Students will work on push-ups, pole pull-ups, squats, and ab exercises weekly.

Flexibility: Students will be given exercises to work on middle, left, and right splits and bridges.

4 Week Lesson Plan

Week 1:

Warm up, 10 minutes

Tricks, 25 minutes: Fireman Climb, Fireman Spin, Dip Spin

Choreography, 20 minutes: Complete 30 seconds of choreography using the Fireman Climb, Fireman Spin, and Dip Spin, and some additional floor work.

Cool Down, 5 minutes: left, right, and middle splits and bridge practice

Week 2:

Warm up, 10 minutes

Review, 5 minutes: Fireman Climb, Fireman Spin, Dip Spin

Tricks, 20 minutes: Pole Pirouettes, Hook Spin, Floor Cupid

Choreography, 20 minutes: 45 second routine using Fireman Spin, Hook Spin, Dip Spin, Pole Pirouettes, and Floor Cupid

Cool Down, 5 minutes: left, right, and middle splits and bridge practice

Week 3:

Warm up, 10 minutes

Review, 5 minutes: Pole Pirouettes, Hook Spin, Floor Cupid

Tricks, 20 minutes: Cross Ankle Sit, Gallop Spin, Attitude Spin

Choreography, 20 minutes: 60 second routine using any tricks taught in the last two weeks

Cool Down, 5 minutes: left, right, and middle splits and bridge practice

Week 4:

Warm up, 10 minutes

Review, 5 minutes: Cross Ankle Sit, Gallop Spin, Attitude Spin

Tricks, 20 minutes: Drama Queen, Pole Fan Kick, Drag Spin

Choreography, 20 minutes: 60 second routine using any tricks taught in the last three weeks

Cool Down, 5 minutes: left, right, and middle splits and bridge practice



Pole Level 1 Course © 2015 by Jody Ryker is licensed under CC BY-NC-SA 4.0. To view a copy of this license, visit <http://creativecommons.org/licenses/by-nc-sa/4.0/>