



# LEVEL 3 - 4 REQUIREMENTS

## PREREQUISITES FOR ADVANCED LEVEL CLASSES

STUDENT NAME: \_\_\_\_\_

SKILL	REQUIREMENT	INSTRUCTOR INITIALS
POLE STRADDLE UP	5 consecutive Right Side - No touching ground	
	5 consecutive Left Side - No touching ground	
CLIMBING	Regular Climb To Top	
	Side Climb to Top of Mirror	
	Demonstrate ability to Spin Climb	
	L climb 2 lengths	
POLE MOUNTS		
Endover Mount	Hold for 10 seconds Right & Left sides	
Air Invert	Successfully invert on pole off the ground	
Shoulder Mount	Successfully shoulder mount - At least 1 side	
Handstand Mount	Mount pole from handstand or headstand	
TRICKS		
Upside down plank	Hold for 5 seconds	
Twisted Ballerina	One Side	
Plank Fall Back	Demonstrate Fall Back with ability to sit back up	
Straight leg Fall Back		
Horizontal		
Bow & Arrow		
Gemini		
Scorpio		
Butterfly	One Side	
Extended Butterfly	One Side	
Jasmine	One Side	
Superman		
Lunch Box		
Flag	One Side	

SKILL	REQUIREMENT	INSTRUCTOR INITIALS
SPINS	<i>(All spins on both the Right &amp; Left Sides)</i>	
	Lacey	
	Dolphin	
	Corkscrew	
	Straight Leg Corkscrew	
	Pretzel	
	Half Attitude	
	Fairy	
	Whiplash	
	Candy Cane Straight Leg	
	Backwards Chair	
	Mary Poppins Combination	
	Martini Combination to successful invert	
	Froggy Combination Spin	
	Chair Combination Spin	
	Windmill	

DATE: \_\_\_\_\_

INSTRUCTOR SIGNATURE: \_\_\_\_\_

SHOES \_\_\_\_\_