



LEVEL 5-6 Advanced

Must Complete For Master Poler Status

SKILL		
CLIMBING		
Endover Climb	Must Climb 5 Endovers Consecutively	
Caterpillar Climb	Must Climb 5 Caterpillars Consecutively	
L Climb	Must L Climb 5 times Consecutively	
POLE MOUNTS & DISMOUNTS		
LunchBox Mount		
Brass Monkey Mount		
Kick up to Butterfly		
Deadlift Handspring		
Shoulder Mount Dismount		
Angelic Descent		
TRICKS		
Yogini		
Back Flip		
Rocketman		
Yogini Drop		
Handspring		
Superman Drop		
Jackknife		
Iron X		
Brass Monkey		
Cupid		
Front Knees		
Knees		

SKILL		
TRICKS Continued		
Flag Pole		
Flat Line Scorpio		
Allegra		
Cocoon		
Butterfly Variation		
Elbow Grip Handspring		
Elbow Grip Stag		
Elbow Grip Lunchbox		
Body Pump		
Scorpio Spin Off		
Pole Box Split		
Pole Vertical Splits		
Eros		
Brass Bridge		
L Hang		
Full Moon		
Partner Tricks		
Double Plank Hold	<i>Table top illusion</i>	
Standing Seat Hang		
Double Star Gazer		
SPINS	<i>(All spins on both the Right & Left Sides)</i>	
Candycane to Endover		
Candycane to splits		
Corkscrew to splits		
Dolphin to shoulder mount		
Martini Combo to full Butterfly		

SKILL		
Juliette Spin		
Corkscrew Version T		
Reiko Split from Corkscrew		
COMBINING		
Trick Combo 1	<i>Student must be able to climb, then piece together 3 tricks with smooth transitions without coming down from the pole.</i>	
Trick Combo 2	<i>Student must be able to climb, then piece together 4 tricks with smooth transitions without coming down from the pole.</i>	
Spin Combo	<i>Student must demonstrate fluidity. Combining transitions to put 3 spins together without stopping in between.</i>	
CHOREOGRAPHY	<i>Student must be able to choreograph their own piece. Music must be 3-4 minutes long. Student will be required to show pole flow, smooth transitions, and incorporate a minimum of 3 spins, 2 types of Pole Mounts, 1 special Dismount, 2 types of climb, and a minimum of 6 tricks (in combination form) Must have set beginning pose and set ending pose. Must be able to perform in front of an audience.</i>	

DATE: _____

INSTRUCTOR SIGNATURE: _____

SHOES RECEIVED: _____
(Student Signature)