



# LEVEL 5-6 Advanced

Prerequisites for Master Classes

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

SKILL	Notes	INSTRUCTOR INITIALS
<b>CLIMBING</b>		
Endover Climb	Must Climb 5 Endovers Consecutively	
Caterpillar Climb	Must Climb 5 Caterpillars Consecutively	
L Climb	Must L Climb 5 times Consecutively	
Corkscrew to Spin Climb		
<b>POLE MOUNTS &amp; DISMOUNTS</b>		
LunchBox Mount		
Straight Leg Split Shoulder Mount		
Kick up to Butterfly	One Side	
Shoulder Mount Dismount		
<b>TRICKS</b>		
Yogini		
Rocketman		
Back Flips	Demonstrate at least 2 versions	
Brass Monkey		
French Brass Monkey		
Upside Down Yogini		
Thunder		
Windmill		
Knees	One Side	
Cupid		
Handspring Twisted Grip	Snake Entry - At Least One Side	

SKILL	Notes	INSTRUCTOR INITIALS
<b>TRICKS Continued</b>		
Elbow Grip Handspring	At Least One Side	
Elbow Grip Lunchbox	At Least One Side	
Elbow Grip Stag	At Least One Side	
Elbow Grip Pencil	At Least One Side	
Jade Splits		
Bicep Grip Jade Split	At Least One Side	
Cocoon	At Least One Side	
Pencil (Flag Pole)	At Least One Side	
Front Knees	At Least One Side	
Tulip		
Genie		
Inverted Unicorn		
Unicorn		
Spider Monkey		
Pole Box Split		
Pole Vertical Splits		
Horizontal Split		
True Extended Butterfly		
Karate Kid	At Least One Side	
Star		
Full Moon		
L hang		
Scorpio to Brass Monkey Transition		
Bow and Arrow to Handspring		
Chest Press Butterfly		
Dragon Tail		

SKILL	Notes	INSTRUCTOR INITIALS
<b>Partner Tricks</b>		
Double Plank Hold		
Standing Seat Hang		
Leg/Lunchbox Hold		
Trapeze Hold Trick		
Double Star Gazer		
<b>SPINS</b>	<i>(All spins on both the Right &amp; Left Sides)</i>	
Candycane to Endover		
Corkscrew to splits		
Martini Combo to full Butterfly		
Juliette Spin		
Tik Tok		
Reiko Split from Corkscrew		
Scorpio Spin Off		
Candycane to splits		
<b>COMBINING</b>		
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>	
<b>CHOREOGRAPHY</b>	<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: \_\_\_\_\_