



# LEVEL 1- 2 REQUIREMENTS

## PREREQUISITES FOR LEVEL 3-4 CLASSES

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

SKILL	REQUIREMENT	INSTRUCTOR INITIALS
POLE PULL UPS	5 consecutive Right Side - No touching ground	
	5 consecutive Left Side - No touching ground	
POLE KNEE UPS	5 consecutive Right Side - No touching ground	
	5 consecutive Left Side - No touching ground	
CLIMBING	Climb to top (Right Side) then control your slide down - no contact with ground allowed, climb to top again (Left Side)	
BASIC PLANK	Successfully plank from the ground - One hand hold	
	Successfully plank from the top of mirror - Two hand hold is fine	
	Standing Cartwheel to Plank	
BENT KNEE HOLD	Hold from ground position for 10 seconds	
	Successfully transition from climb to Bent Knee (min 2 climbs up) and control slide down	
STAG HOLD	Hold from ground position for 5 seconds Right Side	
	Hold from ground position for 5 seconds Left Side	
FROGGY HOLD	Hold from ground position for 5 seconds	
	Successfully transition from climb to Froggy Hold (min 2 climbs up) and control slide down	
DRAMA QUEEN	Plank Variation	
SITTING PRETTY HOLD	Hold for 10 seconds	
BASIC BACK BEND	Transition from walk	
ELONGATED BACK BEND	Transition from walk with half pirouette	
TWISTED BACK BEND	Transition from walk with half pirouette	
PIROUETTE	Both hands Up	
	One hand Up, One below	

SKILL	REQUIREMENT	INSTRUCTOR INITIALS
SPINS	<i>(All spins must be completed on both the Right &amp; Left Sides and must walk into the spins)</i>	
True Fireman		
Fireman Cross Legs		
Firefly		
Martini		
Froggy		
Pinwheel		
Swan		
Chair		
Candy Cane		
Leg Extension		
Back Corkscrew		
Back Swirl		
Mary Poppins		
Stag		
Back Stag		
Standing Cartwheel	Straight Legs Both Sides	
BACKWARDS ROLL	Basic backward roll on the ground off the pole	
LEG HOOKS	Step Around Leg hook (1/2, 3/4 and full step-arounds)	
BASIC INVERT	Must successfully invert and secure position on the pole with legs.	
ENDOVER	Must successfully invert and hold open straddle on the pole for at least 5 seconds on both sides.	

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

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

SHOES: \_\_\_\_\_