



LEVEL 3 - 4 REQUIREMENTS

Prerequisites for Advance 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	Climb to top (Right Side) then control your slide down - no contact with ground allowed, climb to top again (Left Side)	
	Spin Climb to Top	
	Side Climb to Top of Mirror	
	L climb 2 lengths	
POLE MOUNTS		
Endover Mount	Hold for 10 seconds Right & Left sides	
Straight Leg Endover	Straight Legs both 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		
Flat Line Scorpio		
Butterfly to Flatline Scorpio		
Jasmine to Scorpio		
Upside down plank	Hold for 5 seconds	
Horizontal		
Gemini		
Gemini Variation 1		
Gemini Variation 2		
Plank Fall Back	Demonstrate Fall Back with ability to sit back up	
Straight Leg Fall Back		
Bow & Arrow		

SKILL	REQUIREMENT	INSTRUCTOR INITIALS
Lunch Box		
Jasmine		
Superman		
Butterfly		
Extended Butterfly		
Twisted Ballerina		
Peter Pan		
Scorpio		
Side Sit		
Flag	One Side	
Body Pump	Three in a row	
Spins	<i>All Spins must be both sides</i>	
Candy Cane Straight Leg		
Martini Combination to successful invert		
Backwards Chair		
Chair Combination Spin		
Lacey		
Dolphin		
Straight Leg Corkscrew		
Corkscrew		
Fairy		
Ballerina		
Half Attitude		
Full Attitude		
Mary Poppins Combination		
Froggy Combination Spin		

SKILL	REQUIREMENT	INSTRUCTOR INITIALS
Pretzel		
Skater Girl		
Whiplash		
Windmill		

DATE: _____ INSTRUCTOR SIGNATURE: _____

SHOES _____