



LEVEL 1- 2 REQUIREMENTS CHECKLIST

PREREQUISITES FOR LEVEL 3-4 CLASSES

STUDENT NAME: _____

SKILL	REQUIREMENT	INSTRUCTOR INITIALS
STRENGTH & CONDITIONING		
POLE PULL UPS	5 consecutive - No touching ground Right _____ Left _____	
POLE KNEE UPS	5 consecutive - No touching ground Right _____ Left _____	
CLIMBING	Climb pole, show controlled descent, (no touching floor in between) switch sides & climb again.	
BASIC SKILLS		
BACKWARDS ROLL	Basic backward roll off the pole Right _____ Left _____	
LEG HOOKS	Step Around Leg hook (1/2, 3/4 & full step-arounds Right _____ Left _____	
STANDING CARTWHEEL	Straight Legs Right _____ Left _____	
PIROUETTES		
BALLERINA PIROUETTE	Both hands up Right _____ Left _____	
LOWER HAND PIROUETTE	One hand up, One hand below Right _____ Left _____	
BACKBENDS		
BASIC BACK BEND	Transition from walk Right _____ Left _____	
ELONGATED BACK BEND	Transition from walk with half pirouette Right _____ Left _____	
TWISTED BACK BEND	Transition from walk with half pirouette Right _____ Left _____	

SKILL	REQUIREMENT	INSTRUCTOR INITIALS
	POLE SITS	
PLANK/ POLE SIT	Plank from the ground 5 sec - 1 hand hold Right _____ Left _____	
	Climb & plank up on the pole 5 sec- 2 hand hold ok Right _____ Left _____	
STANDING CARTWHEEL TO PLANK	Straight Legs Right _____ Left _____	
DRAMA QUEEN	Plank Variation Hold for 5 seconds Right _____ Left _____	
HELLO BOYS	Plank Variation Hold for 5 seconds Right _____ Left _____	
SITTING PRETTY HOLD	Pole Sit Variation Hold for 10 seconds Right _____ Left _____	
	HOLDS	
BENT KNEE HOLD	From ground 10 secs Climb, Transition, Descend Right _____ Left _____	
FROGGY HOLD	From ground 5 secs Climb, Transition, Descend Right _____ Left _____	
STAG HOLD	From ground 5 secs Climb, Transition, Descend Right _____ Left _____	
	SPINS <i>MUST WALK INTO SPINS</i>	
BACK LEG HOOK	Right _____ Left _____	
BACK STAG	Right _____ Left _____	
BACK SWIRL	Right _____ Left _____	
CANDY CANE	Right _____ Left _____	
CHAIR	Right _____ Left _____	
FIREFLY	Right _____ Left _____	

SKILL	REQUIREMENT	INSTRUCTOR INITIALS
	SPINS Continued MUST WALK INTO SPINS	
FIREMAN	Right _____ Left _____	
FROGGY	Right _____ Left _____	
FRONT STAG	Right _____ Left _____	
LEG EXTENSION (No need to walk into this spin)	Right _____ Left _____	
MARTINI	Right _____ Left _____	
MARY POPPINS	Right _____ Left _____	
PINWHEEL	Right _____ Left _____	
SWAN	Right _____ Left _____	
TRUE FIREMAN	Right _____ Left _____	
	INVERSIONS	
BASIC INVERT	Must successfully invert and secure in snake position on the pole for 5 secs. Right _____ Left _____	
ENDOVER	Must hold open straddle for at least 5 secs before securing in snake for 5 secs. Right _____ Left _____	

DATE: _____

INSTRUCTOR SIGNATURE: _____