



LEVEL 3 - 4 REQUIREMENTS CHECKLIST

PREREQUISITES FOR LEVEL 5-6 CLASSES

STUDENT NAME: _____

SKILL	REQUIREMENT	INSTRUCTOR INITIALS
	STRENGTH & CONDITIONING	
POLE STRADDLE UP	5 consecutive - No touching ground - Straight Legs Right _____ Left _____	
CLIMBING	Climb pole, show controlled descent, (no touching floor in between) switch sides & climb again.	
SPIN CLIMB	Spin Climb to top Right _____ Left _____	
SIDE CLIMB	Side Climb to top Right _____ Left _____	
L CLIMB	L climb 2 lengths	
	BASIC SKILLS & POLE MOUNTS	
STRAIGHT LEG ENDOVER	Straight Legs - Hold Endover for 5 seconds Right _____ Left _____	
AIR INVERT	Invert & secure in Snake up on pole - min 1 climb Right _____ Left _____	
ENDOVER MOUNT	Hold Endover for 5 seconds before mount Right _____ Left _____	
SHOULDER MOUNT	Shoulder mount - Only 1 Side Required (legs & pelvis should come to the pole at the same time to secure in snake)	
HANDSTAND MOUNT	Mount pole from handstand (or headstand) and then demonstrate leg hold for 5 secs.	
REVERSE STEP AROUND	Right _____ Left _____	
	SPINS <i>MUST WALK INTO SPINS</i>	
BALLERINA	Right _____ Left _____	
CANDY CANE STRAIGHT LEG	Right _____ Left _____	
CHAIR - BACKWARDS	Right _____ Left _____	

SKILL	REQUIREMENT	INSTRUCTOR INITIALS
	SPINS CONTINUED <i>MUST WALK INTO SPINS</i>	
CHAIR COMBO	Right _____ Left _____	
CORKSCREW	Right _____ Left _____	
CORKSCREW - STRAIGHT LEG	Right _____ Left _____	
DOLPHIN	Right _____ Left _____	
FAIRY	Right _____ Left _____	
FROGGY COMBO	Right _____ Left _____	
FRONT LEG HOOK	Right _____ Left _____	
FULL ATTITUDE	Right _____ Left _____	
HALF ATTITUDE	Right _____ Left _____	
ICE SKATER	Right _____ Left _____	
LACEY	Right _____ Left _____	
MARTINI COMBO	Right _____ Left _____	
MARY POPPINS COMBO	Right _____ Left _____	
PRETZEL	Right _____ Left _____	
WHIPLASH	Right _____ Left _____	
WINDMILL	Right _____ Left _____	
	TRICKS <i>ALL TRICKS MUST BE HELD FOR 5 SECS</i>	
BODY PUMP	Three in a row Right _____ Left _____	
BOW & ARROW	Demonstrate ability to sit back up Right _____ Left _____	
BUTTERFLY	Right _____ Left _____	

SKILL	REQUIREMENT	INSTRUCTOR INITIALS
	TRICKS CONTINUED <i>ALL TRICKS MUST BE HELD FOR 5 SECS</i>	
BUTTERFLY - EXTENDED	Right _____ Left _____	
FISH	Right _____ Left _____	
FLAT LINE SCORPIO	Right _____ Left _____	
GEMINI	Right _____ Left _____	
GEMINI VARIATION 1	Right _____ Left _____	
GEMINI VARIATION 2	Right _____ Left _____	
HORIZONTAL	Right _____ Left _____	
JASMINE	Right _____ Left _____	
LUNCH BOX	Demonstrate ability to sit back up Right _____ Left _____	
PETER PAN	Right _____ Left _____	
PLANK FALL BACK	Demonstrate ability to sit back up Right _____ Left _____	
PLANK FALL BACK - STRAIGHT LEG	Demonstrate ability to sit back up Right _____ Left _____	
SCORPIO	Right _____ Left _____	
SIDE SIT	Right _____ Left _____	
SUPERMAN	Right _____ Left _____	
TWISTED BALLERINA	Right _____ Left _____	
UPSIDE DOWN PLANK	Right _____ Left _____	
WALKIE TALKIE	Right _____ Left _____	
BUTTERFLY TO FLATLINE SCORPIO	Right _____ Left _____	
JASMINE TO SCORPIO	Right _____ Left _____	

DATE: _____

INSTRUCTOR SIGNATURE: _____