



LEVEL 5-6 Advanced Checklist

REQUIREMENTS TO ACHIEVE MASTER STATUS

STUDENT NAME: _____

SKILL	Notes	INSTRUCTOR INITIALS
	CLIMBS (4 Required for Master)	
Caterpillar Climb	One Side Must Climb 5 Caterpillar Climbs Consecutively	
Corkscrew to Spin Climb	Right _____ Left _____	
Endover Climb	Must Climb 5 Endover Climbs Consecutively	
Forearm Climb	To Top Right _____ Left _____	
L Climb	Must L Climb 5 times Consecutively	
Pointed Toes Climb	To Top Right _____ Left _____	
Pull Up Straddle Climb (No legs)	3 Consecutively	
	MOUNTS & DISMOUNTS (4 Required for Master)	
Angelic Descent	Right _____ Left _____	
Back Flip onto pole	Right _____ Left _____	
Butterfly Flip Off Pole	Right _____ Left _____	
Kick up to Butterfly	One Side Right _____ Left _____	
Kick into Handspring	One Side - True Grip or Cup Grip	
Kick into No legs Butterfly	One Side	
Air Shoulder Mount	One Side	
LunchBox Mount	Right _____ Left _____	

SKILL	Notes	INSTRUCTOR INITIALS
	MOUNTS & DISMOUNTS CONTINUED	
One arm behind back Invert	Right _____ Left _____	
Kick into Jackknife	One Side	
Shoulder Mount Dismount	Right _____ Left _____	
Straight Leg Straddle Shoulder Mount	Right _____ Left _____	
	SPINS (8 Required For Master)	
1 Arm 1 Leg Whiplash	Right _____ Left _____	
Candycane to Endover	Right _____ Left _____	
Candycane to splits	Right _____ Left _____	
Corkscrew to splits	Right _____ Left _____	
Corkscrew to Straddle	Right _____ Left _____	
Double Cup Grip Drag and Fly	Right _____ Left _____	
Dolphin to Shoulder Mount	Right _____ Left _____	
Corkscrew Flare Knee Finish	Right _____ Left _____	
Ice Skater Variation - Free legs	Right _____ Left _____	
Juliette Spin	Right _____ Left _____	
Martini Combo to full Butterfly	Right _____ Left _____	
Scorpio Spin Off	Right _____ Left _____	
Peter Pan Spin	Right _____ Left _____	
Tik Tok	Right _____ Left _____	
Windmill	Right _____ Left _____	

SKILL	Notes	INSTRUCTOR INITIALS
	TRICKS (36 Required for Master)	
Apprentice	Right _____ Left _____	
Apprentice to Butterfly	Right _____ Left _____	
Apprentice Variation Hero	Right _____ Left _____	
Back Flips	2 Versions (Regular, Walkover, From Knees) One Side	
Brass Monkey	Right _____ Left _____	
Brass Monkey Variation French Brass	Right _____ Left _____	
Brass Monkey Variation Eros	Right _____ Left _____	
Brass Monkey Variation Windmill	Right _____ Left _____	
Brass Monkey Variation Princess	Right _____ Left _____	
Brass Monkey Variation Thunder	Right _____ Left _____	
Brass Monkey Variation Upside Down Yogini	Right _____ Left _____	
Cheebea - Elbow Grip grab leg on the side split	Right _____ Left _____	
Chest Press Butterfly	Right _____ Left _____	
Butterfly (True Extended)	Right _____ Left _____	
Butterfly Split	Right _____ Left _____	
Cocoon	One Side	
Cupid	Right _____ Left _____	
Cupid to Butterfly	Right _____ Left _____	
Cupid Entry Russian Split	One Side	

SKILL	Notes	INSTRUCTOR INITIALS
	TRICKS CONTINUED	
Dragon Tail	Right _____ Left _____	
Dragon Tail Variation Mermaid or any other	Right _____ Left _____	
Drama Queen Drop	One Side	
Elbow Grip Handspring	One Side	
Elbow Grip Lunchbox	One Side	
Elbow Grip Pencil	One Side	
Elbow Grip Stag	One Side	
Flag Pole	Right _____ Left _____	
Forearm Split	(entry from outside leg hang) Right _____ Left _____	
Full Moon	Right _____ Left _____	
Front Knees	Right _____ Left _____	
Gargoyle	Right _____ Left _____	
Genie	Right _____ Left _____	
Genie Entry Superwoman	Right _____ Left _____	
Handspring Twisted Grip	Right _____ Left _____	
Handspring Twisted Grip Bow and Arrow Entry	Right _____ Left _____	
Jade Splits	Right _____ Left _____	
Jade Split Variation	(Bicep Grip, One leg bent, or One foot on pole) Right _____ Left _____	
Jasmine Variation Marley	Right _____ Left _____	

SKILL	Notes	INSTRUCTOR INITIALS
	TRICKS CONTINUED	
Jasmine Entry Marion Amber	One Side	
Karate Kid	Right _____ Left _____	
Knees	One Side	
Pole Box Split	Right _____ Left _____	
Pole Vertical Splits	Right _____ Left _____	
Poisson (Butterfly thread through)	Right _____ Left _____	
Remi Sit	Right _____ Left _____	
Allegra or Baby Allegra	Right _____ Left _____	
Scorpio Entry Snowman	Right _____ Left _____	
Trapeze Hold	Right _____ Left _____	
Trapeze Hold Dolphin or Dolphin Variation	Right _____ Left _____	
Tulip or Tulip Extended	Right _____ Left _____	
Spider Monkey	Right _____ Left _____	
Unicorn	Right _____ Left _____	
Unicorn Inverted	Right _____ Left _____	
Unicorn Variation Split	Right _____ Left _____	
Waterfall	Right _____ Left _____	
Waterfall Variation	Right _____ Left _____	
Waterfall Entry Pegasus	One Side	

SKILL	Notes	INSTRUCTOR INITIALS
	TRICKS CONTINUED	
Yogini	Right _____ Left _____	
Yogini Drop	One Side	
Yogini Variation Rocketman	Right _____ Left _____	
	PARTNER TRICKS (4 Required)	
Double Plank Hold		
Double Star Gazer		
Leg Hold / Lunchbox		
Sitting Pretty Hold / Endover to Split or Stag		
Leg Hold/ Waist Fall back		
Superman / Fall Back		
Trapeze Hold / Fall Back		
	COMBINATIONS	
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>	
	CHOREOGRAPHY	
CHOREOGRAPHY	<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 for audience.</i>	

DATE: _____ INSTRUCTOR SIGNATURE: _____