

Pole Icon

Advanced 1 Moves List

1. Handspring Straddle or Pencil
2. Hip Hold Splits
3. Butterfly with One Hand
4. Shouldermount Super-Inverted Pencil
5. Allegra
6. Western Flag (Bottom Leg Bent)
7. Back Support Tuck
8. Trapped Handspring Straddle
9. Straight Edge Elbow or Forearm Grip
10. Elbow Grip Ayesha
11. Keem with Elbow Hook
12. Side Superman
13. Bridge
14. Twisted Grip Bow & Arrow
15. Russian Butterfly

Advanced 1 Video Demos:

<https://vimeo.com/322765394>

1. Handspring Straddle or Pencil



Gripping points are both hands in a grip of choice. Nothing else touches the pole. Do not add any extra gripping/contact points.
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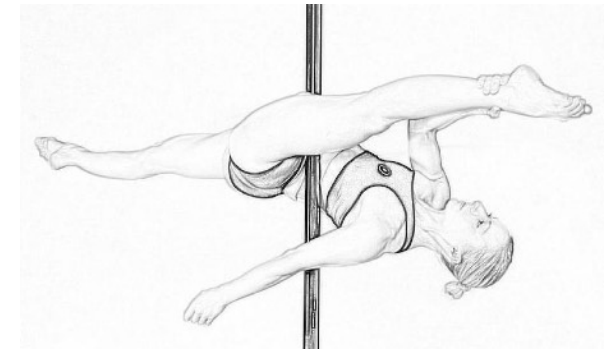
The head is down, the neck is in line with the spine and both shoulders are down, away from the ears.
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The body is inverted.
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The legs are fully extended with both feet pointed. Legs are either in a straddle/V position, or legs are straight up and closed in Pencil position.
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2. Hip Hold Splits



Gripping points are the nearside side of torso, nearside underarm or back of arm, side of nearside hip and nearside inner thigh. No hands touch the pole. Do not add any extra gripping/contact points.
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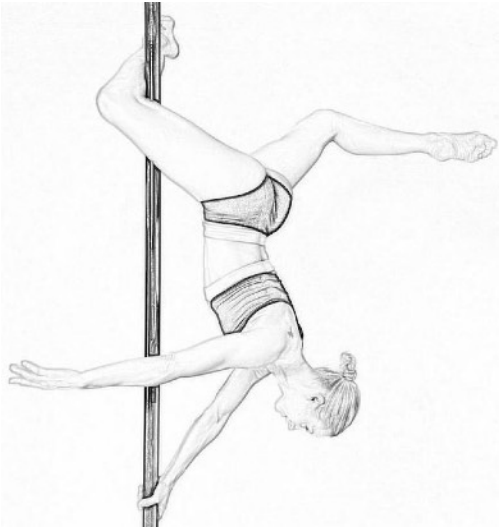
The neck is in line with the spine and both shoulders are down, away from the ears.
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The body is inverted or parallel to the floor.
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Both legs are fully extended and both feet are pointed. Split angle at the thighs is at least 150°.
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3. Butterfly with One Hand



Gripping points are the hand of the lower arm. The the inner thigh, the top of the calf and the back of knee that is hooked around the pole. Do not add any extra gripping/contact points.

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The shoulders are down from the ears and the neck is in line with the spine. The back is extended.

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The body is inverted. Both arms are extended straight. The free arm may reach in any direction.

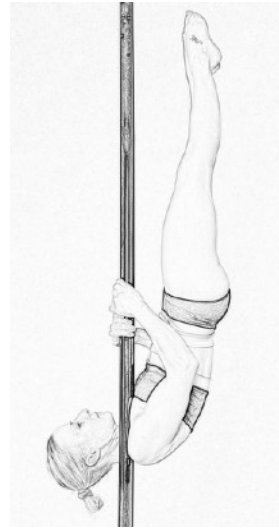
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Both legs are bent. The free leg is behind the body. Both feet are pointed.

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4. Shouldermount Super-Inverted Pencil



Gripping points are the top of one shoulder, the collar bone/upper chest area, and the side of the neck may also touch the pole. Both hands hold the pole in a grip of choice. Do not add any extra gripping/contact points.

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The shoulders are down away from the ears.

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The body is inverted and straight, forming a parallel line next to the pole. A tolerance of 30°.

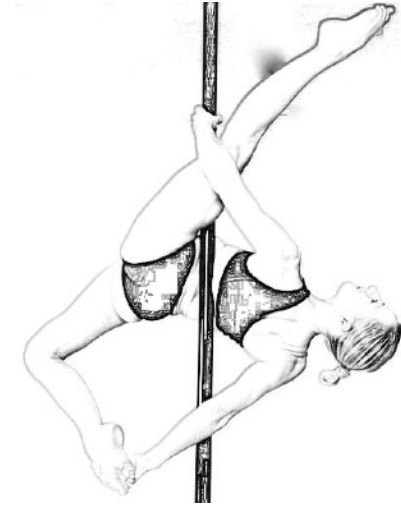
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Both legs are fully extended, closed and parallel to each other. Both feet are pointed.

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5. Allegra



Gripping points are the nearside inside thigh, nearside side/back of torso and the inside hand. The outside arm may be in contact with the pole, on either side, below the body. No hands touch the pole. Do not add any extra gripping/contact points.

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The neck is in line with the spine and the shoulders are down away from the ears. The back is extended.

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The body is inverted. The outside hand holds the outside ankle or foot.

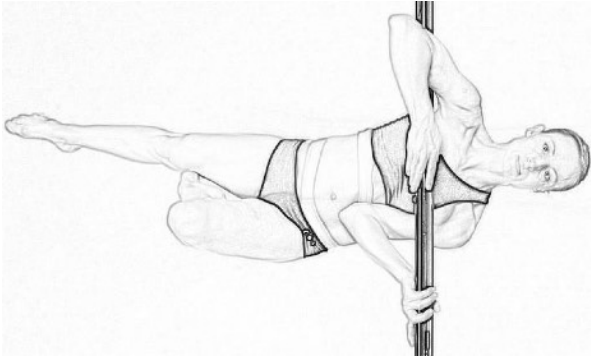
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The inside leg is fully extended, the outside leg is bent and both feet are pointed. The split angle at the thighs is at least 150°.

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6. Western Flag Bottom Leg Bent



Gripping points are under and the back of the top arm. The forearm of the top arm. The front of the chest. Both hands hold the pole. Do not add any extra gripping/contact points.

/I

The neck is in line with the spine and the shoulders are down away from the ears.

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The body forms a straight, horizontal line from the top side of the chest to the upper foot, and is parallel to the floor. A 30° tolerance applies to the angle of the torso.

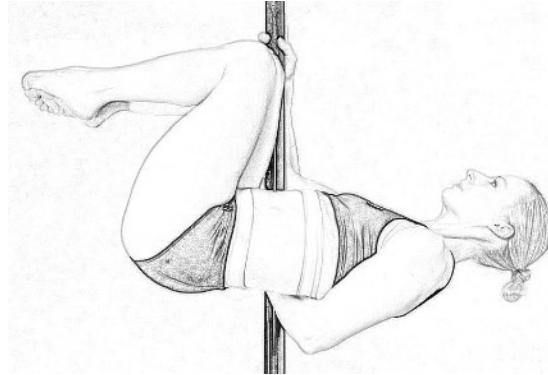
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The top leg is fully extended, the lower leg is bent. Both feet are pointed, the bent leg's foot touches, or points towards the knee of the straight leg.

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7. Back Support Tuck



Gripping points are the nearside underarm, the inside of the nearside forearm and the inside hand. The nearside torso and the back of nearside hip and gluteal area. The outside hand. The legs or feet may not touch the pole. Do not add any extra gripping/contact points.

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The shoulders are down. The spine is extended, and the neck is in line with the spine. The outside hand holds the pole from behind the back.

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The body is parallel to the floor. Up to 30° tolerance is acceptable.

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Both legs are tucked in, closed and bent with both feet pointed.

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8. Trapped Handspring Straddle



Gripping points are both hands, and the outer edge of the nearside thigh is in contact with the pole. Do not add any extra gripping/contact points.

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The neck is in line with the spine, and the shoulders are down away from the ears.

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The torso is fully inverted. Both arms are extended straight.

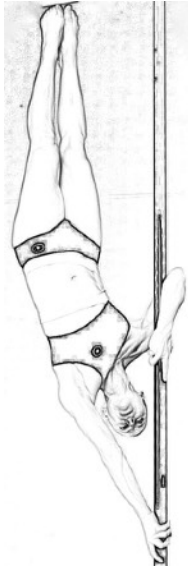
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Legs are fully extended in straddle/V position. The legs are parallel to the floor with 30° tolerance either way (up or down). Both feet are pointed.

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9. Straight Edge Elbow or Forearm Grip



Gripping points are: outside hand, inside underarm, forearm, hand, or the elbow hook. The chest or side of chest may touch the pole. Do not add any extra gripping/contact points.

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The head is down, the neck is in line with the spine and the shoulders are down away from the ears.

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The torso is inverted. The torso, hips and legs form a parallel line next to the pole. The lower/outer arm is fully extended.

Both legs are straight and both feet are pointed.

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10. Elbow Grip Ayesha



Gripping points are the outside hand, the inside arm's elbow hook. Chest or side of chest may touch the pole. Do not add any extra gripping/contact points.

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The head is down, the neck is in line with the spine and the shoulders are down away from the ears.

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The torso is inverted. The lower/outer arm is fully extended.

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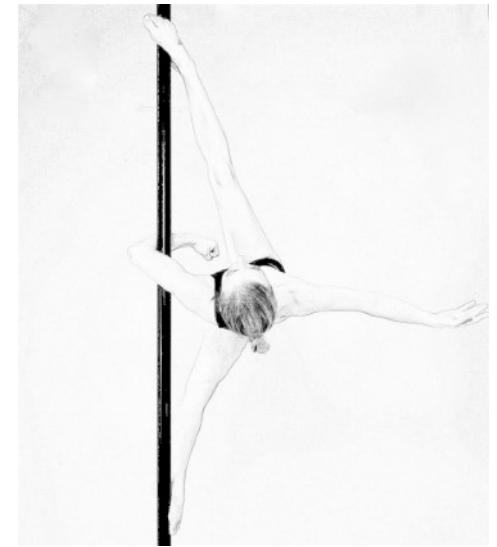
The legs are both extended fully in straddle/V. The legs are parallel to the floor with 30° tolerance.

Both feet are pointed.

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11. Keem with Elbow Hook



Gripping points are the hook of the lower arm's elbow. The soles of both feet. No hands touch the pole. Do not add any extra gripping/contact points.

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The neck is in line with the spine, and the shoulders are down away from the ears. The spine is lengthened.

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The body is parallel to the floor with 30° tolerance.

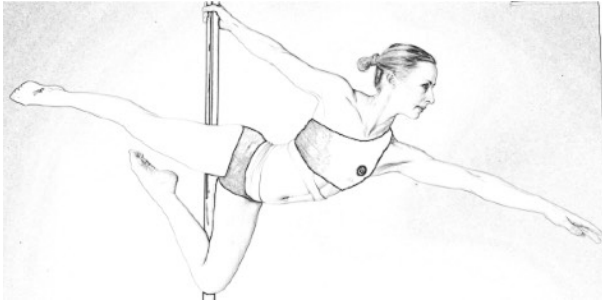
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Both legs are fully extended in a straddle. No specified split angle is required.

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12. Side Superman



Gripping points are one hand, the top of thigh and the gluteal area of the upper leg. The hook of the knee, the outside of the thigh and gluteal area of the lower leg. Do not add any extra gripping/contact points.

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The shoulders are back and down, and the head is up. The neck is in line with the spine. The back is extended.

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The body is upright or horizontal. The free arm is extended straight in a position of choice, not touching the pole.

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The lower leg is bent with the foot pointed towards or touching the other knee. The upper leg is fully extended with a pointed foot.

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13. Bridge



Gripping points are both hands. The upper inner thighs. The gluteal and crotch area will also be in contact with the pole. Do not add any extra gripping/contact points.

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The shoulders are down, away from the ears and the neck is in line with the spine. The Hands hold the pole below the head.

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The back is arched and the head is below the level of the hips.

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The hips and legs form a parallel line to the floor. 30° tolerance applies. Both legs are extended and may be crossed or parallel. Both feet are pointed.

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14. Twisted Grip Bow & Arrow



Gripping points are one hand. The back of the inside arm and the back of the inside shoulder. Inside leg's sole of foot. The nearside ankle, shin, knee, front of thigh and nearside gluteal area may also be in contact with the pole. Do not add any extra gripping/contact points.

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The neck is in line with the spine. The shoulders are down away from the ears. The inside arm is extended.

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The torso is inverted. The spine is extended.

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Both legs are extended, the front foot is pointed. The split angle at the thighs is at least 150°.

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15. Russian Butterfly



Gripping points are the hand of the lower arm, the elbow hook of upper arm. The bicep and forearm will also be in contact with the pole when in an elbow hook. The inner thigh, calf and or the back of the ankle of the front leg. Do not add any extra gripping/contact points.

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The neck is in line with the spine, the shoulders are down away from the ears. The spine is extended.

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The torso is fully inverted. The elbow hooks from the inside out, with the hand or fist pointing outwards. The lower arm is fully extended.

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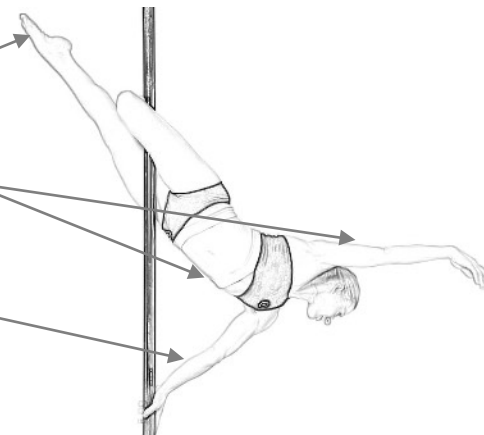
Both feet are pointed. Both legs are bent, with the free leg behind the body.

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Terminology

Nearside = Closest side to the pole
Inside = Closest side to the pole
Inner = Closest to the pole
Outside = Furthest side from the pole
Outer = Furthest from the pole
Higher/Upper = Nearest the ceiling/sky
Lower = Nearest the floor/ground



Additional Descriptions

Extended = Lengthened, not rounded or flexed

Back Arch = Arched backwards showing back extension or back bend

Front or Forward = In the direction forward of, or in front of the body

Backwards or Behind = In the direction backwards or behind the body

Neck in line with spine = When the neck lengthens in line with the spine without deviation. Do not over extend, flex, laterally flex or over-rotate the neck

Upright = When the head is above the level of the torso and hips

Parallel to the floor = When the whole of, or part of the body forms one straight line which is horizontal

Inverted/Upside down = When the head is below the level of the hips and torso

Remember to hold all moves still for 3 seconds