

Pole Icon

Beginner Moves List

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Beginner Video Demos:

<https://vimeo.com/322774347>

1. Forward Pole Stand



Gripping points are between the thighs, knees, lower legs, and ankles. The nearside hip, torso, and the back of the nearside arm may also touch the pole. No hands touch the pole.

Do not add any other gripping/contact points.
/1

The shoulders are back and down. Both arms are extended.
/1

The body is upright. The spine is extended, and the neck is in line with the spine.
/1

The front foot is pointed. The legs are slightly bent.
/1

/4

2. Forward Pole Sit Straight Legs



Gripping points are between the upper thighs. The front of the thigh and the hip may touch the pole. The nearside torso may also touch the pole. No arm or hand contact with the pole. Do not add any other gripping/contact points.
/1

The shoulders are back and down. Both arms are extended.
/1

The body is upright. The spine is extended, and the neck is in line with the spine.
/1

The legs are straight and the feet are pointed.
/1

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3. Basic Plank



Gripping points are between the upper thighs. The gluteal and crotch area are also in contact with the pole. Both hands hold the pole in a grip of choice. One hand is above and one hand is below the body. Do not add any other gripping/contact points.

/1

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

/1

The legs, to torso, to head alignment is parallel to the floor, with 30° tolerance either upwards or downwards, or by folding at the hips.

/1

The legs are straight and the feet are pointed.

/1

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4. Star Gazer



Gripping points are the hook of the top knee, the inner thigh and calf of the upper leg. The front of the foot, ankle, shin, inside of the knee, and area above the knee of the lower leg. The thigh and crotch area may also touch the pole.

Do not add any other gripping/contact points.

/1

The shoulders are back and down. The spine is extended or in a back arch.

/1

The opposite side hand to leg holds the ankle or shin. The free arm is extended straight.

/1

The top leg's foot is pointed. The top leg is fully bent, the lower leg is slightly bent. The upper, hooked leg wraps from the outside of the pole inwards.

/1

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5. 1/2 Figurehead



Gripping points are under the nearside arm, the nearside torso or back, gluteal area and the back of the thigh of the nearside leg. The outside leg's shin and ankle are also in contact with the pole.

Do not add any other gripping/contact points.

/1

The arms are both extended, reaching in a direction of choice.

/1

The shoulders are back and down. The body is upright and the spine is extended.

/1

Both feet are pointed, the inside/nearside leg is bent and the outside leg is fully straight.

/1

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6. Cradle Sunwheel



Gripping points are both hands, nearside/lower leg's top of thigh, near to the hip fold. The torso may also touch the pole.

Do not add any other gripping/contact points.
/I

The shoulders are back and down. The outside/upper arm is bent, the inside/lower arm is extended.

/I

The body is upright. The spine is lengthened, and the neck is in line with the spine.

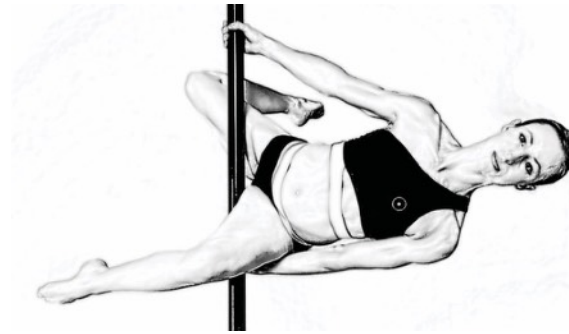
/I

Both feet are pointed and the legs are bent. The inside leg is in front of the outside leg.

/I

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7. Wrist Seat Attitude



Gripping points are both hands. One hand is above and one hand is below the legs. The lower leg's thigh and gluteal area are also in contact with the pole. The upper/back leg has no contact with the pole. Do not add any other gripping/contact points.

/I

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

/I

The torso is upright, or parallel to the floor. The spine is extended or arched.

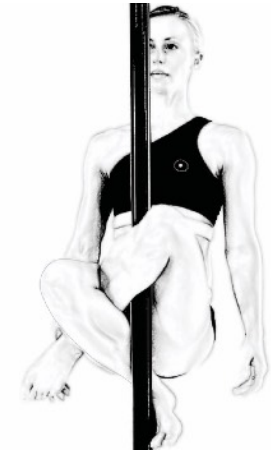
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Both legs are bent. The lower leg, which is in contact with the lower hand, is in front, and the upper leg is behind the body. Both feet are pointed.

/I

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8. Remi Sit Upright



Gripping points are the back of the knee and thigh of the upper leg. The ankle/lower shin, and the foot of the lower leg. The gluteal and crotch area may also be contact with the pole. Do not add any other gripping/contact points.

/I

The shoulders are back and down. Both arms are extended in a position of choice. The torso is upright, the spine is extended and the neck is in line with the spine.

/I

The legs are bent and crossed. The lower leg crosses over the upper leg at the shin or ankle.

/I

The upper foot is pointed.

/I

/4

9. Gemini



Gripping points are the outer leg's hooked knee, calf and thigh. The nearside torso, the hip and under the nearside arm. No hands touch the pole. Do not add any other gripping/contact points.

/1

The shoulders are back and down. Both arms are extended. The outside arm reaches in a direction of choice.

/1

The body is inverted. The spine is extended or arched, and the neck is in line with the spine.

/1

Both legs are bent and both feet are pointed.

/1

/4

10. Inverted Crucifix



Gripping points are between the knees, lower legs and ankles. The torso may be touching the pole. No hands touch the pole.

Do not add any other gripping/contact points.

/1

The shoulders are back and down. Both arms are extended, reaching away in a direction of choice. The body is inverted.

/1

The spine is extended, and the neck is in line with the spine. The inverted position shows symmetry from the hips through to the upper body and head.

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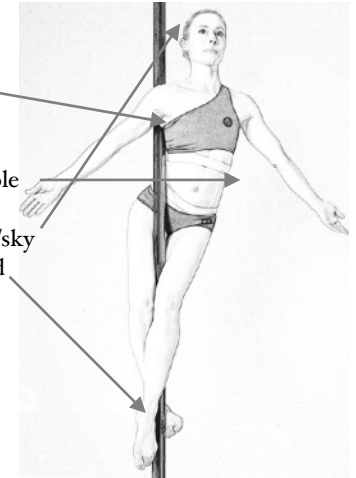
Both legs are slightly bent. The front foot is pointed.

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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 to 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