

# Pole Icon

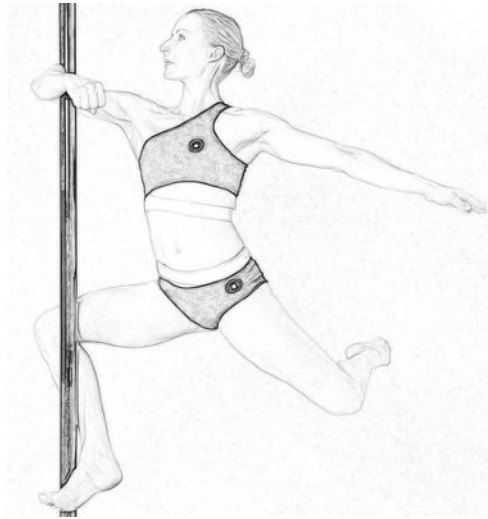
## Intermediate 1 Moves List

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## Intermediate 1 Video Demos:

<https://vimeo.com/322717833>

### 1. Skater Elbow Hold



Gripping points are the inside of the hooked elbow. The bicep and forearm will also make contact with the pole. The same side leg as elbow hooked arm grips the pole by the outside of the flexed foot, the ankle, the shin and above the inside of the knee.

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

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

The spine is extended.

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The body is upright. The free arm is in a position of choice.

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The back leg is bent behind the body with a pointed foot.

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### 2. Scorpio/Inside Leg



Gripping points are the inside leg's inner thigh and calf and/or ankle. The nearside torso, and the inside underarm. The outside leg has no contact with the pole.

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

The shoulders are away from the ears, and the neck is in line with the spine. The spine is extended, or in a back arch. Both arms are extended.

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The body is inverted.

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The outside/back leg is extended and parallel to the floor, with 20° tolerance either way (up or down). Both feet are pointed.

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### 3. Shouldermount V



Gripping points are the top of one shoulder and both hands. The side of the neck may also touch 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.

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The torso is  $90^\circ$  to the pole. There is a  $20^\circ$  tolerance, allowing the torso to be either lower or higher.

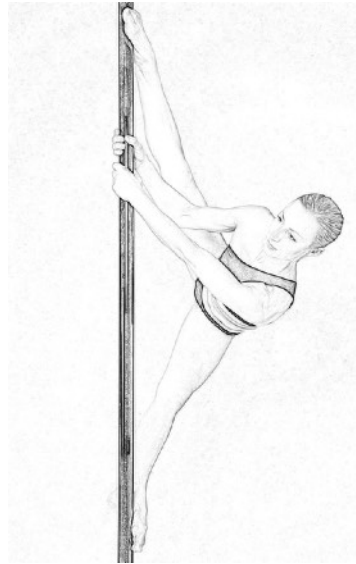
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Both legs are extended in a straddle/V position with both feet pointed.

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### 4. Pole Straddle/Spiderman



Gripping points are the soles of both feet and both hands.

Do not add any extra gripping/contact points.

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

/1

The body is upright or horizontal, and both hands hold the pole between the legs.

/1

Both legs are extended straight. There is no specific split angle required.

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### 5. Jasmine



Gripping points are the inner thighs of both legs, the hook of knee and the calf of the upper leg which is bent. The front of the thigh and/or the hip of the lower leg. The inside hand.

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 extended or in a back arch.

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The body is inverted. The arm pushing in the pole is extended straight. The free arm reaches away in a position of choice.

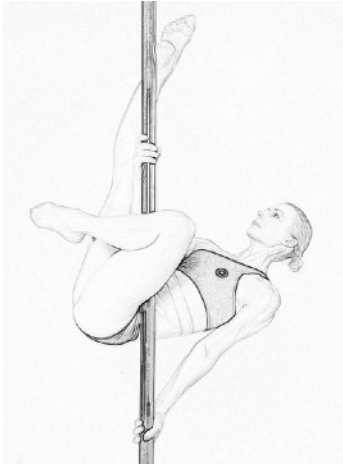
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The straight leg is fully extended. Both feet are pointed.

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## 6. Apprentice Top Leg Straight



Gripping points are both hands. The inside hip area, the torso, the inner thigh of the inside leg may also touch the pole. The upper leg may or may not 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 torso is upright.

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The torso leans out from the pole and the spine is lengthened. The upper/outside arm is bent and the lower/inside arm is straight.

/1

The upper/outside leg is fully extended. The ankle or heel may touch the pole, or be off the pole with no contact with the pole. The lower leg is bent and both feet are pointed.

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## 7. Flatline Scorpio



Gripping points are the thigh and calf or ankle of the nearside/inside leg. The nearside torso, the nearside hip and the inside hand.

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.

/1

The torso is parallel to the floor, with 20° tolerance either way (up or down). The spine is lengthened with the neck is in line with the spine. The inside arm which is pushing on the pole is extended.

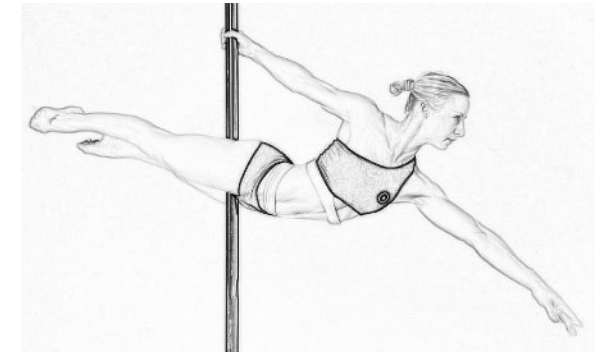
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The outside/back leg is fully extended and parallel to the floor, with 20° tolerance either way (up or down). Both feet are pointed.

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## 8. Superman



Gripping points are the upper inner thighs and one hand. The crotch and gluteal area may also be in contact with the pole.

Do not add any extra gripping/contact points.

/1

The neck is in line with the spine, and the shoulders are down away from the ears. The shoulders are back and down. The hand holding the pole has a fully extended arm.

/1

The body is either upright or horizontal. Both legs are extended straight and are either crossed, or parallel to each other.

/1

Both feet are pointed.

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### 9. Butterfly with Bent Legs



Gripping points are both hands, the inner thigh, the calf and/or the back of the ankle of the front leg.

Do not add any extra gripping/contact points.

/1

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

/1

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

/1

Both legs are bent, with the free leg at the back. Both feet are pointed.

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### 10. Alternative Knee Hold



Gripping points are the back of the hooked knee, the top of the calf and thigh of the inside leg. The inner thigh of the lower leg may touch the pole. The shin or inside area of the calf, the ankle and the foot of the lower leg touch 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 away from the ears. The back is extended or in a back arch.

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The body can be upright, horizontal or inverted.

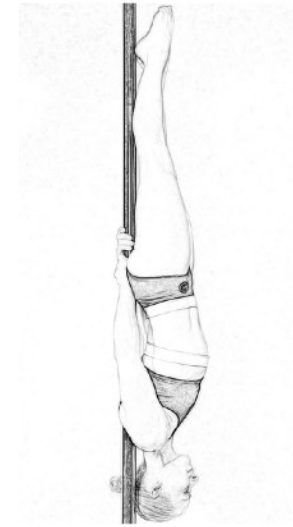
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The upper foot is pointed. The leg-hook direction is knee inwards to the midline of the body with the foot outwards, away from the midline of the body.

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### 11. Iguana Pencil



Gripping points are both hands. The back, gluteal area and the back of the head. Do not add any extra gripping/contact points.

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

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The body is inverted. The whole body is fully extended from the torso, to the hips to the legs and feet. Both arms are fully extended.

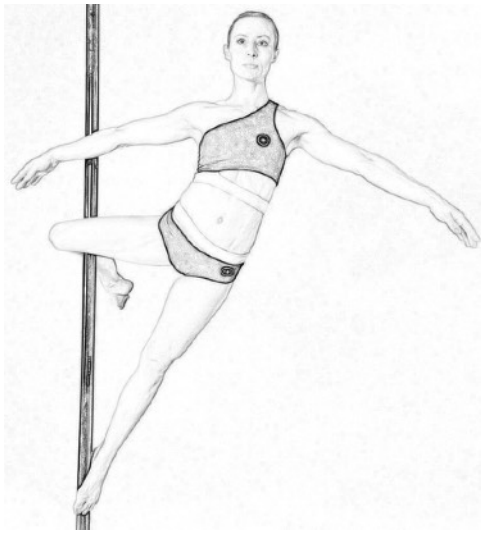
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Both feet are pointed, the legs are extended and closed.

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### 12. Chinese Attitude



Gripping points are the sole of the foot of the outside leg and the knee hook of the knee of the nearside leg. The upper calf and the back of the thigh. Do not add any extra gripping/contact points.

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

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Both arms are extended in a position of choice. Hands/arms may not make contact with any part of the body.

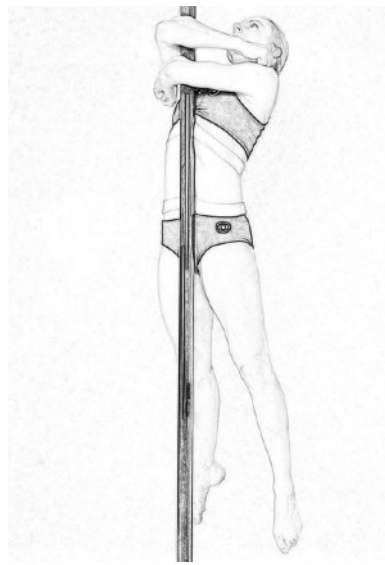
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The outside leg is fully extended. The inside leg hooks around in front of the pole, the inside foot is pointed.

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### 13. Pole Hug Pencil



Gripping points are the insides of both elbows, the forearms and biceps, and the front of the torso. Do not add any extra gripping/contact points.

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

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The hands may hold the shoulders or be in a position of choice.

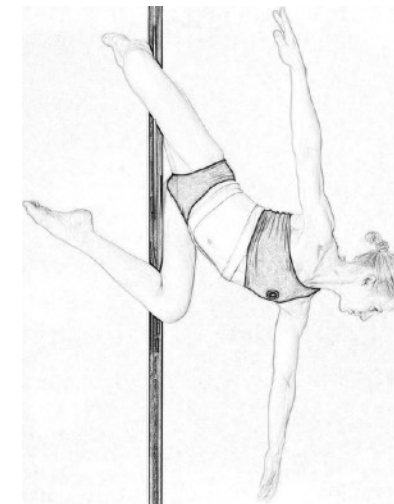
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Both legs are extended and may be closed or open. Both feet are pointed.

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### 14. Double Knee Hold Genie



Gripping points are the backs of both knees. The back of the thighs and the back of the upper calves. 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 spine is extended

/1

The torso may be inverted, parallel to the floor or upright. The torso may face down, forwards or upwards. The hands/arms may not make contact with any other body part.

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Both legs are bent, hooking around in front the pole. Both feet are pointed.

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## 15. Full Plank



Gripping points are the upper, inner thighs. The gluteal and crotch area. One hand holds the pole below the body. 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. The back is extended or arched. The body faces upwards.

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The head is below the hips. The arm pushing on the pole is extended straight. The free arm reaches away in a position of choice.

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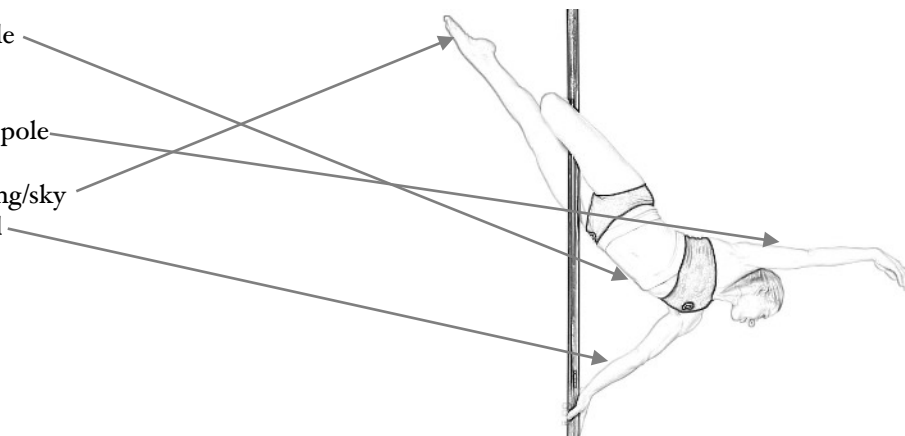
Both legs are fully extended and both feet are pointed.

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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 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**