

## Pole Icon

### Intermediate 2 Moves List

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### Intermediate 2 Video Demos:

<https://vimeo.com/381786281>

#### 1. Ballerina



Gripping points are the hand of the up-stretched arm. The length, or part of the upper arm. The back, the side of torso and the hip. Inside thigh and lower leg/ankle of the nearside leg. Do not add any extra gripping/contact points.

/1

The head is up, the shoulders are down and both arms are extended. The free arm reaches in a direction of choice.

/1

The body is upright, the torso is rotated around the pole.

/1

Both legs are bent and both feet are pointed.

/1

/4

#### 2. Concorde



Gripping points are the nearside underarm and side of the nearside ribs. The inside of the nearside knee, shin, ankle and side of foot. Do not add any extra gripping/contact points.

/1

The neck is in line with the spine, with the head looking down to the floor. The shoulders are down away from the ears. Both arms are extended straight.

/1

The torso faces downwards.

/1

The outside, back leg is extended straight and behind the body with a pointed foot.

/1

/4

### 3. Cupid



Gripping points are the sole of the outside foot, the back of the hooked knee of the inside leg, and those areas close to it. Do not add any extra gripping/contact points.

/1

The head is up, the neck is in line with the spine and the shoulders are down. The outside arm is in a position of choice. The nearside hand holds the ankle or foot of the nearside leg.

/1

The body is upright and the spine is extended.

/1

The outside leg is extended straight. The nearside foot is pointed.

/1

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### 4. Daredevil



Gripping points are the back of the hooked knee, the areas of the thigh and calf close to the back of the knee. The shin, the ankle and the foot of the lower leg. Do not add any extra gripping/contact points.

/1

The neck is in line with the spine. The spine is extended. The arms are extended in a position of choice, not touching the pole or any part of the body.

/1

The torso is parallel to the floor, or pointing downward.

/1

The legs are bent. The top leg's foot is pointed.

/1

/4

### 5. Flag Attitude



Gripping points are under and the back of the top arm. The front of the chest. Both hands hold 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.

/1

The body forms a straight, horizontal line from the top side of the chest to the upper hip, and is parallel to the floor. A 20° tolerance applies to the torso position.

/1

The lower leg is bent in front. The upper leg is bent to the back. Both feet are pointed.

/1

/4

## 6. Front Chinese Attitude



Gripping points are the toes and the sole of the lower foot. The back of the hooked knee, the areas close to the back of the hooked knee. Do not add any extra gripping/contact points.

/1

The head is up, the neck is in line with the spine and the shoulders are down. The arms are in a position of choice, not touching the pole, or any other part of the body.

/1

The body is upright with a 30° tolerance allowing the torso to lean slightly forward or slightly backward. The spine is extended.

/1

The lower leg is extended straight. The foot of the hooked, bent leg is pointed.

/1

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## 7. Half Star



Gripping points are the nearside hand, the back of the nearside arm and shoulder. The inside thigh and hip. The side of the nearside torso and the outside hand. Do not add any extra gripping/contact points.

/1

The inside arm is extended straight. The outside hand holds the pole below the head.

/1

The body is inverted, the spine is lengthened, and the chin is off the chest with the neck in line with the spine.

/1

Both legs are extended straight in a straddle V. Both feet are pointed.

/1

/4

## 8. Jallegra



Gripping points are the nearside hand, the nearside inner thigh. The nearside torso and back. The outside arm may touch either side of the pole. Do not add any extra gripping/contact points.

/1

The shoulders are down and the neck is in line with the spine. The spine is extended. The inside hand holds the pole, either above the knee or under the calf.

/1

The body is inverted or parallel to the floor. The body may not be above parallel to the floor.

/1

Both feet are pointed. Both legs are bent with a split angle at the thighs of at least 140°.

/1

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### 9. Leg Release



Gripping points are the inner thighs and gluteal area.

Do not add any extra gripping/contact points.

/1

The shoulders are down from the ears and the neck is in line with the spine. The spine is extended. The arms are in a position of choice with no contact to the pole or another body part.

/1

The body is inverted. The torso faces away from the pole.

/1

Both legs are straight and both feet are pointed.

/1

/4

### 10. Maxi



Gripping points are the back of the hooked knee, the areas which are close to the back of the hooked knee. The length of the inner thigh of the hooked leg. The hip and torso may touch the pole. Do not add any extra gripping/contact points.

/1

The shoulders are down and the neck is in line with the spine. The spine is extended. The arms are in a position of choice with no contact to the pole or another body part.

/1

The body is inverted.

/1

Both legs are bent and both feet are pointed.

/1

/4

### 11. Mini Bow & Arrow



Gripping points are the nearside hand, the back of the arm and shoulder of the nearside arm. The neck may touch the pole. The back of the hooked knee, the areas close to the back of the hooked knee. The side of the torso and gluteal area may also touch the pole. Do not add any extra gripping/contact points.

/1

The shoulders are down and the neck is in line with the spine. Both arms are extended straight.

/1

The body is inverted and the spine is extended.

/1

The nearside leg is bent and the outside leg is extended straight, pointing forwards in front of the body. Both feet are pointed.

/1

/4

### 12. Peacock 1/2 Split



Gripping points are the elbow hook of the nearside arm and the areas close to the elbow hook. The nearside back of thigh and the outside leg's hooked knee, including the areas close to the hooked knee.

Do not add any extra gripping/contact points.

/1

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

/1

The body is upright. The outside arm is extended straight, in a position of choice.

/1

The nearside leg is extended straight, the outside leg is bent, hooking around the pole. Both feet are pointed.

/1

/4

### 13. Hang Back



Gripping points are the nearside hand and the nearside torso. The nearside back of arm and shoulder may touch the pole. The outside hand and the inside sole of foot. The nearside shin and front of nearside thigh may also touch the pole.

Do not add any extra gripping/contact points.

/1

The shoulders are down and the neck is in line with the spine. The nearside arm is straight, and the outside arm is bent under/behind the torso.

/1

The body is inverted, the spine is extended.

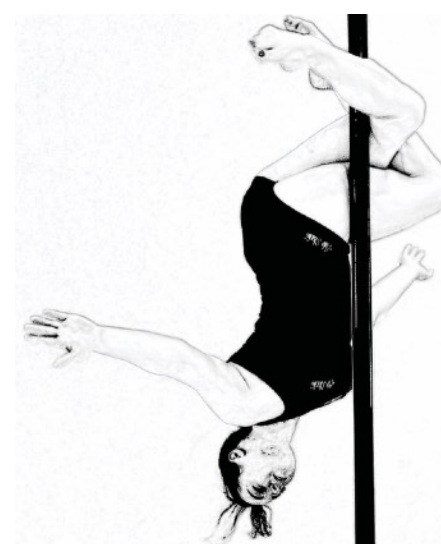
/1

The nearside leg is straight, the outside leg is bent behind the body. Both feet are pointed.

/1

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### 14. Secretary



Gripping points are the back of the hooked knee of the upper leg. The areas of the thigh and calf which are close to the back of the hooked knee. The nearside outer thigh. The front of the torso may also touch the pole. Do not add any extra gripping/contact points.

/1

The shoulders are down, the neck is in line with the spine. The arms are extended straight, in a position of choice, with no contact to the pole or another body part.

/1

The body is inverted. The spine is extended.

/1

Both legs are bent. The lower leg is crossed over the upper leg. Both feet are pointed.

/1

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## 15. Shouldermount Butterfly



Gripping points are the top of one shoulder and both hands. The side of the neck may also touch the pole. The ankle and lower part of the calf grips 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.

/1

The body is inverted or parallel to the floor. The chest faces upwards.

/1

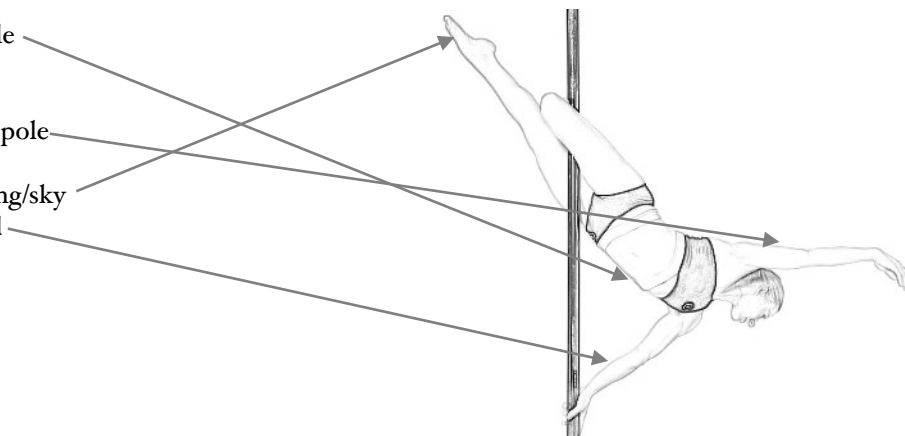
The ankle hooked leg is the opposite side leg to the shoulder that is in contact with the pole. Both legs are bent. The free leg points down, behind the body. Both feet are pointed.

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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**