

Pole Icon

Intermediate 3 Moves List

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Intermediate 3 Video Demos:

<https://vimeo.com/576408331>

1. Hip Hold



Gripping points are the nearside underarm, torso, hip and thigh of the nearside leg. Do not add any extra gripping/contact points.

/1

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

/1

The body is inverted. Both arms are straight.

/1

The legs are straight in a straddle V and both feet are pointed.

/1

/4

2. Iguana Fang



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

/1

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

/1

The spine is extended. The torso faces away from the pole.

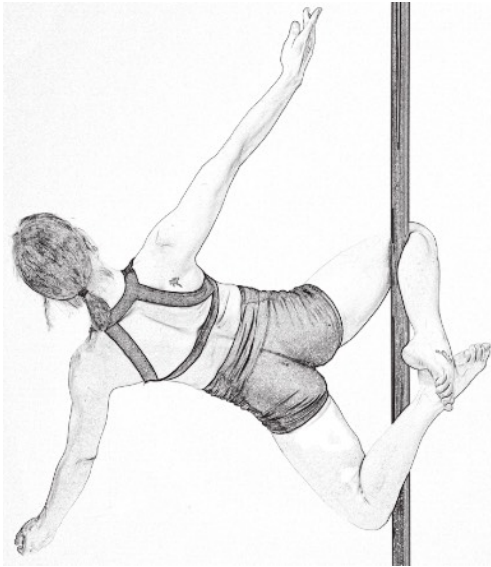
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The legs are bent. The feet are pointed and touching each other behind the body.

/1

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3. Knee Hold



Gripping points are the back of the knee and the areas close to the back of the knee of the upper leg. The shin and front of the knee of the lower leg.

/I

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

/I

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

/I

Both legs are bent and the ankles are crossed.

/I

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4. Shouldermount Tuck



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.

/I

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

/I

The body is inverted or parallel to the floor.

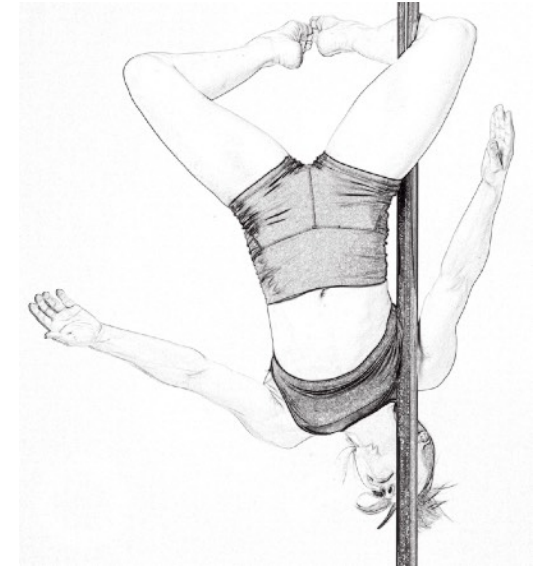
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The legs bend towards the chest. The legs are closed and both feet are pointed.

/I

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5. Brass Monkey



Gripping points are the nearside leg, side of hip, thigh and calf. The nearside underarm. The torso may touch the pole.

/I

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

/I

The body is inverted.

/I

The legs are bent, the knees are open, the feet are pointed and touching each other behind the body.

/I

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6. Cradle V



Gripping points are both hands. The hip fold and thigh of the lower leg.

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 torso is upright.

/1

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

/1

The legs are straight in a straddle V position. The feet are pointed.

/1

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7. Thigh Hold



Gripping points are the inner thighs, the back of the knee and calf of the hooked leg. The front of the torso. 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 is inverted. The spine is extended.

/1

Both legs are bent. One leg crosses over the other leg. Both feet are pointed.

/1

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8. Bow & Arrow



Gripping points are the upper hand, the lower hand and forearm. The shoulder, the side of the neck and upper back. The hooked foot, ankle and shin. Do not add any extra gripping/contact points.

/1

The neck is in line with the spine and the spine is extended. The shoulders are down. The lower arm is bent and the upper arm is straight.

/1

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

/1

One leg is in front of the body, the other leg is connected to the pole. Both legs are straight and the front foot is pointed.

/1

/4

9. Martini



Gripping points are the nearside arm's elbow hook, the nearside thigh, knee hook and calf. The outside leg's thigh. The back of the outside knee and the gluteal area may touch the pole. Do not add any extra gripping/contact points.

/1

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

/1

The body is upright.

/1

Both legs are closed at the thighs. The nearside leg is bent, the outside leg is straight. Both feet are pointed.

/1

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10. Diva



Gripping points are the outside hand. The outside forearm, nearside underarm and back may touch the pole. The side of the torso, the outside leg's inner thigh and calf may touch the pole. The inside leg's side of thigh and hip may touch 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 chest is open, the spine is extended.

/1

The body is inverted. The outside hand holds the pole from behind the back.

/1

Both legs are bent. The legs are crossed. Both feet are pointed.

/1

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11. Easy Trapped V



Gripping points are both hands. The back of the inside leg's thigh. The back of the inside leg's knee may also touch the pole. Do not add any extra gripping/contact points.

/1

The neck is in line with the spine. The shoulders are down away from the ears. The hands hold the pole in between the legs.

/1

The body is inverted.

/1

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

/1

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12. Marlo's Fish



Gripping points are both hands, the top leg's inner thigh and side of knee. The lower leg's inner thigh and hip fold. The crotch area.

Do not add any extra gripping/contact points.

/1

The neck is in line with the spine, the shoulders are down and the chest is open. The arms are extended.

/1

The body is inverted or parallel to the floor. The spine is extended.

/1

Both legs are bent. Both feet are pointed. The upper leg is behind the body, the lower leg is in front of the body.

/1

/4

13. Boomerang



Gripping points are both hands. Do not add any extra gripping/contact points.

/1

The neck is in line with the spine. Both shoulders are down away from the ears. Both arms are straight.

/1

The body is upright. The spine is extended. The torso faces the pole.

/1

The legs are straight in a straddle V position. Both feet are pointed.

/1

/4

14. No Hands Arm Hold



Gripping points are the nearside's underarm, side of torso and hip area. 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 is upright. The arms wrap over both legs.

/1

The legs are closed and bent. The feet are pointed.

/1

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15. Rocket Man



Gripping points are the nearside hand, underarm, torso and hip. Do not add any extra gripping/contact points.

/1

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

/1

The body is upright.

/1

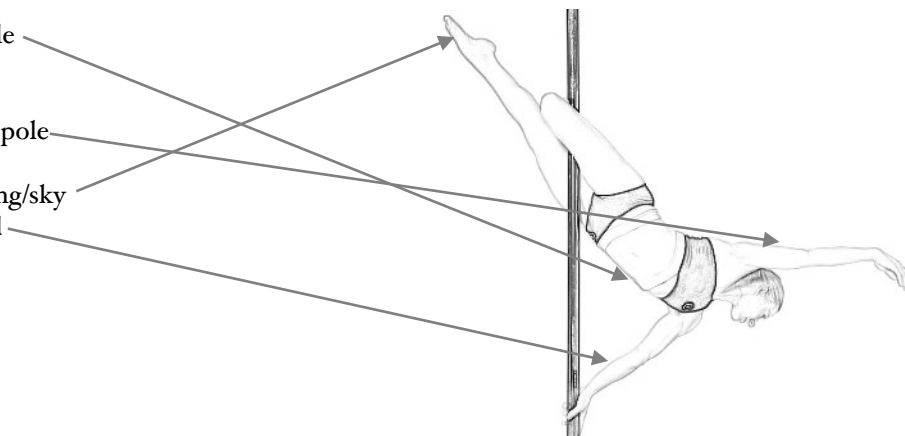
One leg is straight, the other leg is bent. Both feet are pointed.

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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