

Advanced Pole Advancement Checklist

If a trick is marked L/R, you must be able to achieve each of these moves on both sides

- Cross Knee Release L/R
- Cross Ankle Release
- Inside Leg Hang L/R
- Outside Leg Hang L/R
- Forearm climb L/R
- Butterfly L/R
- Genie L/R
- Superman
- Bow and arrow L/R
- Hiphold
- Thighhold L/R
- Shoulder mount L/R
- Shoulder mount dismount L/R
- Straddle invert (clean invert with tucked or straight legs) L/R
- Aerial invert L/R
- Caterpillar L/R
- Split Grip Ayesha prep/Flower L/R