



Syllabus

Intro to Pole and Beginner Classes

PDC syllabus levels 1-2

Beginner classes may include:

- Poses/pole assisted movements e.g.
 - Pirouette
 - Body rolls
 - ballerina hook
 - pole squat
 - bumslide
- Two-handed spins e.g.
 - Front/back hook spin
 - Step around/Fireman/Stag/Hollywood/Chair spin
 - Fan kick
- Basic floorwork e.g.
 - Floor fan kick
 - Floor arch
 - 90 degree floor turn
 - Shoulder roll
- Basic seats and climbing
- Forearm stands and variations

To start Advanced Beginner classes, students must be able to execute the following moves (If a trick is marked L/R, you must be able to achieve each of these moves on both sides):

- Step around L/R
- Fireman spin L/R
 - Variations such as firelady or stag spin are also acceptable

- Floor fan kick L/R
- Front Hook Spin OR Back Hook Spin L/R
- Jasmine L/R
- Crucifix L/R
- Basic Climb L/R
- Seat (cross-knee or straight leg)

Advanced Beginner (formerly Beginner+) Classes

PDC Levels 1-3 (except inverted moves from standing e.g. archer, butterfly, cross knee release, etc)

Advanced Beginner classes may include:

- Spin pole
- One-handed spins and elbow hold spins e.g.
 - One-handed fireman/stag
 - Reverse grab AKA Blind hand grab
 - One handed front/back hook
 - Juliet spin
- Split grip spins e.g.
 - Carousel/Boomerang
 - Cradle Spin
- Seat variations such as plank/layout, grounded plank, ball/drama queen, scissor seat
- Climb variations e.g.
 - Forearm climb
 - Side climb
 - Ankle climb
- Upright static holds - tricks with three or more points of contact that can be performed from the floor, a basic climb or side climb, e.g.
 - Jasmine and Genie
 - Teddy
 - Figurehead
 - Stargazer
 - Cradle and Apprentice
- Basic handstands
- Basic invert from tabletop (low) and inversions or tricks where hips are above head - **contact with floor must be maintained throughout.** e.g.
 - Cross knee release from low seat with hand on floor
 - Cross ankle release from forearm stand

To start Intermediate classes, students must be able to execute the following moves (If a trick is marked L/R, you must be able to achieve each of these moves on both sides):

- Pirouette L/R
- Fireman spin L/R
- Floor fan kick L/R
- Chair Spin L/R
- Stag Spin L/R
- Front Hook Spin L/R
- Back Hook Spin L/R
- Side Spin L/R
- Forearm Stand
- Carousel Spin L/R
- Cradle hold L/R
- Cradle spin L/R
- Basic Climb L/R
- Standing Fan kick L/R
- Pole Seat (Straight leg or Cross Knee)
- Crucifix L/R
- Jasmine L/R
- Shoulder Roll
- Side Climb L/R
- Basic invert from tabletop (low) L/R

Intermediate Classes

PDC syllabus levels 3-4

In Intermediate classes:

- Students may begin working on inversions from standing or a climb e.g.
 - Inverted crucifix
 - Leg hangs
 - Shoulder mount/dismount
 - Cross knee/ankle release
 - Butterfly (first from crucifix, then from apprentice or outside leg hang)
- Inverted tricks should maintain 3 points of contact (minimum) e.g.
 - Bow and arrow and Archer
 - Butterfly/Ext. Butterfly/Inverted D
 - Outside/Inside Leg Hang
 - Thighhold
 - Shoulder dismount
 - Poisson
- Students may perform no-handed spins (e.g. suicide spin)
- Students should begin working toward deadlifts and aerial inverts e.g.
 - Apprentice to butterfly or Ayesha
 - Straight leg straddle invert
 - Shoulder mount to crucifix from standing
- No arms-only inverted pole tricks (e.g. ayesha)*
- No extreme flexibility pole elements (e.g. bridge variations, cocoon, broken doll, chopsticks, machine gun)

*These moves may be done with the instructor's explicit permission and with a safety spot.

To attend Advanced classes, students must be able to complete the following moves (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
- Butterfly L/R
- Genie L/R
- Superman
- Bow and arrow L/R
- Hiphold (ball or pike)
- 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
- True Grip Ayesha Prep AKA Flower L/R

Advanced Classes

PDC syllabus levels 5-6

In Advanced classes, classes may include:

- Progressions of previously learned Intermediate tricks
- Longer combos of Intermediate tricks
- Hands-only inverted tricks e.g.
 - Brass monkey
 - Ayesha
 - Iguana
- Dynamic elements including pole flips and jumps
- Extreme flexibility Pole elements (e.g bridge variations, cocoon, broken doll, chopsticks, machine gun)

IUPDC Glossary of terms

On/Up the pole – Referring to elements executed up the pole, where no contact remains with the floor.

Upright – Referring to an element held up the pole, in a non-inverted body position, eg upright crucifix, stargazer, layout, pole seat, figurehead.

Static hold/trick – Pole element in which the body is held in a fixed ‘static’ position, this may be performed on a static or spinning pole and does not refer to the pole being static. A non-dynamic trick. e.g figurehead, Wrist sit, Gemini etc.

Floorwork – Elements which are based off the pole, though may include use of the pole while maintaining contact with the floor.

Deadlift – Technique of lifting the body through press/pull muscle groups without use of momentum.

Extreme flexibility – Elements requiring high levels of flexibility including back bends and twists, splits and oversplits.

Points of contact – The areas of bodily contact (grip) with the pole; e.g hands, thighs, elbow, knee, abdomen, ankle, armpit etc. An example of a 3-points of contact trick might be Scorpio (Outside leg hang), where there is contact at the outside knee, inside armpit and inside abdominal wall.

Gemini (inside leg hang) would be an example of 4-points of contact; Inside thigh, back of the calf, inside armpit and inside abdominal wall.