

G-FORCE POLE LEVELS

Before booking your classes it's important to make sure you have mastered some essentials before progressing to a higher level. This is for your own safety, the safety of your instructor and other class members. We encourage you to be honest with yourselves and follow our guidelines set out below to help you progress correctly and to avoid injury and confidence issues. If you're unsure or would like some guidance please talk to Gem or your instructor and they will be able to point you in the right direction.

Beginners – All levels welcome

Beginners 2 – I have done a Beginners course and I can *confidently* do a;

- Climb x3
- Layout
- Invert Basic
- Headstand
- Fan kick - bracket grip

Intermediate 1 – I have completed Beginners 2 and I can *confidently* do a;

- Wrist sit
- Cradle spin
- Inverted V (hold 3 secs)
- Inverted crucifix
- Layback
- Ragdoll

Intermediate 2 – I have completed the Intermediate 1 and I can *confidently* do a;

- Friend Foot Hold
- Outside leg hang
- Figure head from outside leg hang
- Caterpillar/inverted chair (hold 5 secs)
- Handstand dismount
- 3 aerial leg lifts - both sides

Intermediate 3 – I have completed Intermediate 2 and I can *confidently* do a;

- Diva x Jasmine
- Aerial invert
- Basic butterfly
- Bow and arrow
- Inside leg hang
- Jamilla

Pre-Advanced 1 – I have completed Intermediate 3 and I can *confidently* do a;

- Shoulder mount
- Russian swings
- Cocoon x single leg butterfly (true grip)
- Single leg layback
- Flare

Pre Advanced 2 – I have completed Pre-Advanced 1 and I can **confidently** do a;

- Three circus climbs
- Superman
- Butterfly - elbow & shotgun
- Batman
- Pencil
- Straight leg invert (both sides)

Pre Advanced 3 – I have completed Pre-Advanced 2 and I can **confidently** do a;

- Shoulder mount into a straddle - hold 5 sec
- Half moon
- Jamilla
- Straight Leg Butterfly - all grips
- Vanity
- Body Switch & Leg switch
- Devils 3 point shuffle x 1
- Handstand onto pole

Advanced 1 – I have completed Pre-Advanced 3 and I can **confidently** do a;

- Cupid holding foot
- Static V - all grips
- Russian swing to diva drop
- Batman Flip
- 3 x Devils 3 point shuffle
- Reverse Climb

Advanced 2 – I have completed Advanced 1 and I can **confidently** do a;

- Jamilla to Butterfly
- Straight Edge - all grips
- Brass monkey
- Aerial Shoulder mount
- True grip Handspring
- Step Up

Elite - I am at a competition standard and want to focus on competing and representing the studio