

# 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
- Pole Sit
- Layout
- Chair Spin
- 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
- Baby 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 & 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;

- Pencil
- 3x Russian swings
- Cocoon & straight leg butterfly (true grip)
- Straight leg layback
- Genie
- Shoulder mount

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

- Three circus climbs
- Superman
- Butterfly - elbow & shotgun
- Flare
- Batman
- 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
- Flag
- Straight Leg Butterfly - all grips
- 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
- Vanity
- Brass Monkey to half split
- Static V - all grips
- 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
- Side Climb
- Aerial Shoulder mount
- True grip Handspring
- Twizzle invert
- Brass Monkey
- Step Up

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

# AERIAL LEVELS

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**Beginners** – All levels welcome

**Beginners 2** - I have completed Beginners and I can *confidently* do a;

## LYRA

- Baseball grip invert
- Pike dismount
- Hocks - single and double
- Man on the moon

## SILKS

- Climb (min half way)
- Invert without Knot
- Star sit with knot
- Foot Lock

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

## LYRA

- Inside Mermaid to pike
- Kitty cat invert to straddle
- Genie in a bottle
- Single Hock to sit
- Pencil

## SILKS

- Braid
- Inside leg hang
- 360 knot drop
- Invert to straddle hold - 3 secs
- Knot Climb

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

## LYRA

- Invert to top bar without toes
- Straddle balance
- Amazon
- Vine climb
- Single hock on top bar

## SILKS

- Aerial Invert - side & middle
- Single foot lock
- 5 long hang Beats
- Double Foot lock
- Inside leg hang with wrap

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

## LYRA

- Belly Balance
- Gazelle/Pike back balance
- Single hock feed
- 5x Toes to bar
- Hip hold - No hands

## SILKS

- Belay
- Outside leg hang with wrap
- 360 drop
- The X
- Flamingo Series - Arabesque> Starfish> vertical hang> Knee hang

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

**LYRA**

- Roll up mount
- Half Back Balance
- Single leg Scarab
- Single Hock Feed to Straddle
- Walking on the moon
- Ankle Hang
- Single hock unlocked

**AND**

- I am Enrolled in a Flex class

**SILKS**

- Hip lock Both sides
- Big knee drop
- Triple ankle wrap
- Sideways Straddle
- Inverted Cross Back Straddle
- Double Knee Cimb x 4
- Tick Tock

**Advanced** – **INVITATION ONLY**