

GirlFIT Pole Moves List with Specialty Class Prerequisites

Intro	Pole Level 1	Pole Level 2	Pole Level 3	Pole Level 4
- Getting comfortable with the pole - Sexy Walk(basic, double step and step behind, gallop) - Pirouette Variations (damsel, serve turn, tango) - Thread the Needle and Front Slide - Shoulder Roll - Log Roll - Half Moon Divot - Boyfriend Slayers - Get Up Sexy - Goddess Rising - Body Wave (back to pole) - Front Body Wave (chest to pole) - All About the Benjamins aka Dollar Bill Pick-up aka Backbend - Cat Pounce/ Reverse the Cat pounce - Open Legs “flash” - Crossover - Speed bump - Pelvic Arch aka Shoulder Bridge - Clock circles - Hip Rolls / Hip Circles (Figure 8) - Leg Work (clock circles tear drops and plow) - Vagina monsters (crawling on	ALL moves in Pole Intro - Martini - Front Hook Spin - Fireman Pullup - Hollywood - Jasmine - Basic Climb - Chair Spin - Fireman Spin Pickup - Pole Sit Variations (wrist seats, Mary Poppins, Flat Line, etc.) - Fan Kick Sit - Stag Spin (Attitude) Ankle - Stag Spin (Attitude) Knee - Hollywood - Long Sit - Sad Girl Sit - Teddy (with hands) - Cradle Spin - Forward Stag - Reverse Stag - Juliet - Superman - Genie - Cradle - Stargazer - Cross Knee Layback - Chopstick - Assisted Flight Attendant (with hands) - Split Grip Spins (carousel, straddle, dolphin,	ALL moves in Pole 1 - One-handed versions of Pole 1 moves - Side Climb - Fireman Climb - Aerial Jasmine - Assisted Holly Drop - Violator - Snowflake - Teddy (without hands) - Teddy Variations - Sad Girl Drop - Butterfly - Basic Invert - Leg Hangs (inside and outside) - Apprentice - Figurehead - Jamila - Reverse Ayesha - Flight Attendant (no hands) - Cross Ankle Layback - Cupid - Reverse Shoulder Mount - Reverse the Stag - Basic Flying Body - Shoulder Mount Conditioning - Combining no more than two moves aerially	ALL moves in Pole Level 2 - Caterpillar Climb - Aerial Invert - Ayesha (twisted grip, true grip) - Allegra - Shoulder Mount - Dragon Tail - Assisted Yogini - Dutchess - Aerial Titanic - Holly Drop (no hands) - Cupid - Cascade Climb - Jasmine Climb - Mantis - Meat Hooks - Sneaky V - Flight Attendant - Iguana - Handspring Conditioning - Brass Monkey - Twisted Handspring - Bow and Arrow aka Cross Bow - Reiko Mount	ALL moves in Pole Level 5 - Ayesha (elbow grip, forearm, and football grips) - Handsprings - Iron X - Marion Amber - Machine Gun - Knee Holds - Yogini - Pegasus - Janeiro

butt and hands with legs bent • Squatting Thrust / Squatting Thrust Side • Frisking the Pole aka Wine Girl • Knee Bridge • Pin-Up Girl • Ballet hold leg extension,(aka Captain Hook) • Ankle Hook/ attitude • Fireman (opened and closed legs) • Around the World/ dip • Catch Spin • Fan Kick • Basic Pole Sit • Back Hook/ Front hook from Floor(allow elevation for students who feel secure) • Climb conditioning	snowflake, etc.) • Elevated Back Hook • Pole Sit Dismounts (seesaw, scissor, etc.) • Begin Basic Inversion Conditioning			
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Prerequisite Levels

Intro to Level 1	Level 1 to Level 2	Level 2 to Level 3	Level 3 to Level 4
○ All the moves from intro	○ Fireman Pickup ○ Basic Climb ○ Fan Kick to Sit ○ Straddle ○ Dolphin ○ Chair Spin	○ Side Climb ○ Violator ○ Fireman Climb ○ Butterfly ○ Basic Invert ○ Apprentice	○ Shoulder Mount ○ Caterpillar Climb ○ Brass Monkey ○ Bow and Arrow aka Cross Bow ○ Iguana Mount

	○ Wrist Seat	○ Reverse Ayesha ○ Leg Hangs	○ Ayesha
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Specialty Class Prerequisites

Spin 101	Spin 202	Pole + Chair	Pole Pleaser	Pole Flow	Pole Conditioning	Lyra	Low Flow	Floor Play
• Pole 1	• Pole 2 • Spin 101	• All Levels	• Pole 1	• Pole 1	• All Levels	• All Levels	• All Levels	• All Levels