

# Pole Icon 2020 Advanced 1 Moves List

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12. Side Superman
13. Bridge
14. Twisted Grip Bow & Arrow
15. Russian Butterfly



# Pole Icon Advanced 1

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## Terminology

Nearside = Closest side to the pole

Inside = Closest side to the pole

Inner = Closest to the pole

Outside = Furthest side from the pole

Outer = Furthest from the pole

Lower = Nearest the floor/ground

Higher/Upper = Nearest the ceiling/sky

### Additional Descriptions:

Extended = Lengthened, not rounded or flexed

Back Arch = Arched backwards showing back extension or back bend

Front or Forward = In the direction forward of, or in front of the body

Backwards or Behind = In the direction backwards or behind the body

Neck inline with spine = When the neck lengthens inline with the spine without deviation

Upright = When the head is above the level of the torso and hips

Parallel to the floor = When the whole of, or part of the body forms one straight line which is horizontal

Inverted/Upside down = When the head is below the level of the hips and torso

Straddle / V leg position = When the legs form a V shape and mirror each other exactly



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1. Handspring Straddle or Pencil	MAX. POINTS
Gripping points are both hands in a grip of choice. Nothing else touches the pole. Do not add any extra gripping/contact points!	1 point
The head is down, the neck is in line with the spine and both shoulders are down, away from the ears.	1 point
The body is inverted.	1 point
The legs are both fully extended with both feet pointed. Legs are either in a straddle/V position, or legs are straight up and closed in 'Pencil' position.	1 point
Held for 3 seconds. If the move is not held, a score of 0 will be given.	Compulsory
TOTAL POINTS	/4

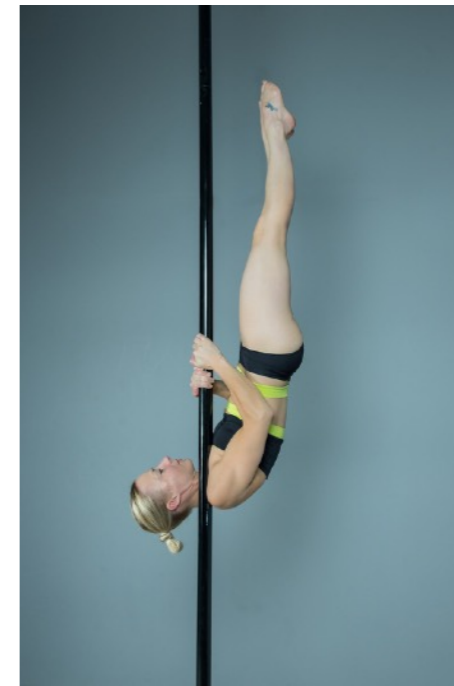


2. Hip Hold Splits	MAX. POINTS
Gripping points are the nearside side of torso, nearside underarm or back of arm, side of nearside hip and nearside inner thigh. No hands touch the pole. Do not add any extra gripping/contact points!	1 point
The neck is in line with the spine and both shoulders are down, away from the ears.	1 point
The body is inverted.	1 point
Both legs are fully extended and both feet are pointed. Split angle at the thighs is at least 150°.	1 point
Held for 3 seconds. If the move is not held, a score of 0 will be given.	Compulsory
TOTAL POINTS	/4

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3. Butterfly with One Hand	MAX. POINTS
Gripping points are the hand of the supporting arm, which is the opposite side of the front leg. The lower part of the inner thigh, top of calf and back of knee of the upper leg which is hooked onto the pole. Do not add any extra gripping/contact points!	1 point
The shoulders are down from the ears and the neck is in line with the spine.	1 point
The body is inverted. The back is extended or in a back arch. Both arms are extended straight. The free arm may reach in any direction.	1 point
Both legs are bent, with the free leg at the back. Both feet are pointed.	1 point
Held for 3 seconds. If the move is not held, a score of 0 will be given.	Compulsory
<b>TOTAL POINTS</b>	<b>/4</b>



4. Shouldermount Super-Inverted Pencil	MAX. POINTS
Gripping points are the top of one shoulder, the collar bone/upper chest area, and the side of the neck may also touch the pole. Both hands hold the pole in a grip of choice. Do not add any extra gripping/contact points!	1 point
The shoulders are down away from the ears.	1 point
The body is inverted and straight, forming a parallel line next to the pole. A tolerance of 30°, where the body can lean inwards to the pole, or out away from the pole, is acceptable. A tolerance of 30° is also acceptable where the body can fold forward at the hips.	1 point
Both legs are fully extended, closed and parallel to each other. Both feet are pointed.	1 point
Held for 3 seconds. If the move is not held, a score of 0 will be given.	Compulsory
<b>TOTAL POINTS</b>	<b>/4</b>

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5. Allegra	MAX. POINTS
Gripping points are nearside inside thigh, nearside side/back of torso and the inside hand. The outside arm may be in contact with the pole, on either side, below the body. No hands touch the pole. Do not add any extra gripping/contact points!	1 point
The neck is in line with the spine and the shoulders are down away from the ears.	1 point
The body is inverted, and the back is extended or arched. The outside hand holds the outside ankle or foot, with an extended arm.	1 point
The inside leg is fully extended, the outside leg is bent and both feet are pointed. The split angle at the thighs is at least 150°.	1 point
Held for 3 seconds. If the move is not held, a score of 0 will be given.	Compulsory
TOTAL POINTS	/4

6. Western Flag (Bottom leg bent)	MAX. POINTS
Gripping points are under the top arm and the back of the top arm. The front of the chest. Both hands hold the pole. Do not add any extra gripping/contact points!	1 point
The neck is in line with the spine and the shoulders are down away from the ears.	1 point
The body forms a straight, horizontal line from the top side of the chest to the upper foot, and is parallel to the floor. A 30° tolerance either up or down is acceptable. However, there is no tolerance for flexion or abduction at the top hip.	1 point
The top leg is fully extended, the lower leg is bent and parallel, therefore, the bent knee points directly forward, not upwards, downwards or otherwise. Both feet are pointed, the bent leg's foot touches, or points towards the knee of the straight leg.	1 point
Held for 3 seconds. If the move is not held, a score of 0 will be given.	Compulsory
TOTAL POINTS	/4

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7. Back Support Tuck	MAX. POINTS
Gripping points are the nearside underarm, the inside of the nearside forearm and the inside hand. The nearside torso and the back of nearside hip area/nearside gluteal area. The outside hand holds the pole from behind the back. The legs or feet may not touch the pole. Do not add any extra gripping/contact points!	1 point
The shoulders are down. The spine is extended, and the neck is in line with the spine.	1 point
The body is reclined parallel to the floor, up to 45° tolerance is acceptable if the torso is slightly upright. The body is not to be inverted.	1 point
Both legs are tucked in, closed and bent with both feet pointed.	1 point
Held for 3 seconds. If the move is not held, a score of 0 will be given.	Compulsory
TOTAL POINTS	/4

8. Trapped Handspring Straddle	MAX. POINTS
Gripping points are both hands, and the outer edge of the nearside thigh is in contact with the pole. Do not add any extra gripping/contact points!	1 point
The neck is in line with the spine, and the shoulders are down away from the ears.	1 point
The torso is fully inverted. Both arms are extended straight.	1 point
Legs are fully extended in straddle/V position. The legs are parallel to the floor with 30° tolerance either way (up or down). Both feet are pointed.	1 point
Held for 3 seconds. If the move is not held, a score of 0 will be given.	Compulsory
TOTAL POINTS	/4

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9. Straight Edge Elbow or Forearm Grip	MAX. POINTS
Gripping points are the outside hand, inside underarm, forearm, hand or elbow hook. The bicep and forearm will also be in contact when in an elbow hook. Chest or side of chest may touch the pole. Do not add any extra gripping/contact points!	1 point
The head is down, the neck is in line with the spine and the shoulders are down away from the ears.	1 point
The torso is inverted. The torso, hips and legs form a parallel line next to the pole. There is a 30° tolerance allowing the body to lean inwards to the pole or outwards away from the pole. The lower/outer arm is fully extended.	1 point
The legs are closed and fully extended with both feet pointed.	1 point
Held for 3 seconds. If the move is not held, a score of 0 will be given.	Compulsory
TOTAL POINTS	/4

10. Elbow Grip Ayesha	MAX. POINTS
Gripping points are the outside hand, the inside arm's elbow hook, the bicep and forearm will also be in contact with the pole when in an elbow hook. Chest or side of chest may touch the pole. Do not add any extra gripping/contact points!	1 point
The head is down, the neck is in line with the spine and the shoulders are down away from the ears.	1 point
The torso is inverted. The lower/outer arm is fully extended.	1 point
The legs are both extended fully in straddle/V which maybe wide or narrow. The legs are parallel to the floor with 30° tolerance either way (up or down) and both feet are pointed.	1 point
Held for 3 seconds. If the move is not held, a score of 0 will be given.	Compulsory
TOTAL POINTS	/4

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11. Keem with Elbow Hook	MAX. POINTS
Gripping points are the hook of the lower arm's elbow, the forearm and bicep will also be in contact with the pole during an elbow hook. The soles of both feet. No hands touch the pole. Do not add any extra gripping/contact points!	1 point
The neck is in line with the spine, and the shoulders are down away from the ears.	1 point
The body is parallel to the floor with 30° tolerance either way, up or down. The spine is lengthened.	1 point
Both legs are fully extended in a straddle. The split angle at the inner thighs is at least 140°.	1 point
Held for 3 seconds. If the move is not held, a score of 0 will be given.	Compulsory
TOTAL POINTS	/4

12. Side Superman	MAX. POINTS
Gripping points are one hand, the top of thigh and the gluteal area of nearside/upper leg. The hook of the knee, the outside of the thigh and gluteal area of outside/lower leg. Do not add any extra gripping/contact points!	1 point
The shoulders are back and down, and the head is up.	1 point
The back is extended or in a back arch. The body is upright or horizontal. The free arm is extended straight in a position of choice, not touching the pole.	1 point
The lower leg is bent with the foot pointed towards or touching the upper leg's knee. The upper leg is fully extended with a pointed foot.	1 point
Held for 3 seconds. If the move is not held, a score of 0 will be given.	Compulsory
TOTAL POINTS	/4

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13. Bridge	MAX. POINTS
Gripping points are both hands, holding below the head. The upper inner thighs. The gluteal and crotch area will also be in contact with the pole. Do not add any extra gripping/contact points!	1 point
The shoulders are down, away from the ears and the neck is in line with the spine.	1 point
The back is arched and the head is below the level of the hips, therefore the body is inverted.	1 point
The hips and legs form a parallel line to the floor with 30° tolerance either way up or down. Both legs are extended and may be crossed or parallel. Both feet are pointed.	1 point
Held for 3 seconds. If the move is not held, a score of 0 will be given.	Compulsory
<b>TOTAL POINTS</b>	<b>/4</b>

14. Twisted Grip Bow & Arrow	MAX. POINTS
Gripping points are one hand. The back of the inside arm and the back of the inside shoulder is in contact with the pole. Inside leg's sole of foot must grip the pole. The nearside ankle, shin, knee, front of thigh and nearside gluteal area may also be in contact with the pole.	1 point
The neck is in line with the spine, and the shoulders are down away from the ears.	1 point
The torso is fully inverted and extended, or in a back arch. The hand holding the pole has a fully extended arm.	1 point
Both legs are fully extended, the front leg's foot is pointed. The split angle at the thighs is at least 150°.	1 point
Held for 3 seconds. If the move is not held, a score of 0 will be given.	Compulsory
<b>TOTAL POINTS</b>	<b>/4</b>

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15. Russian Butterfly	MAX. POINTS
Gripping points are the hand of the lower arm, the elbow hook of upper arm. The bicep and forearm will also be in contact with the pole when in an elbow hook. The inner thigh, calf and or the back of the ankle of the front leg. Do not add any extra gripping/contact points!	1 point
The neck is in line with the spine, the shoulders are down away from the ears. The spine is extended or in a back arch.	1 point
The torso is fully inverted. The elbow hooks from the inside out, with the hand or fist pointing outwards. The lower arm is fully extended.	1 point
Both feet are pointed. Both legs are bent, with the free leg at the back.	1 point
Held for 3 seconds. If the move is not held, a score of 0 will be given.	Compulsory
TOTAL POINTS	/4

*Please note that this document may be subject to correction. Please refer back to our website for the most up to date version. [www.thepolestudio.co.za](http://www.thepolestudio.co.za)*

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