

Pole Icon 2020

Beginner Moves List

1. Forward Pole Stand
2. Forward Pole Sit with Straight Legs
3. Basic Plank
4. Star Gazer
5. 1/2 Figurehead
6. Cradle Sunwheel
7. Wrist Seat Attitude
8. Remi Sit Upright
9. Gemini
10. Inverted Crucifix



Pole Icon Beginner

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 in line with spine = When the neck lengthens in line with the spine without deviation

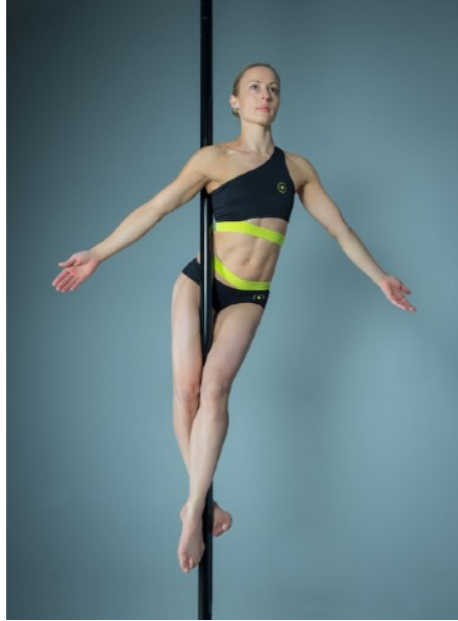
Upright = When the head is above the level of the torso and hips

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



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1. Forward Pole Stand	MAX. POINTS
Gripping points are between the thighs, knees, lower legs, and ankles. The nearside hip, torso, and the back of the nearside arm may also touch the pole. No hands touch the pole. Do not add any other gripping/contact points!	1 point
The shoulders are back and down. Both arms are extended.	1 point
The body is upright. The spine is extended, and the neck is in line with the spine.	1 point
The front foot is pointed. The legs are slightly bent.	1 point
Held for 3 seconds.	Compulsory
TOTAL POINTS	/4

2. Forward Pole Sit with Straight Legs	MAX. POINTS
Gripping points are between the upper thighs. The front of the thigh and the hip may touch the pole. The nearside torso may also touch the pole. The arms, or the hands may not have contact with the pole. Do not add any other gripping/contact points!	1 point
The shoulders are back and down. Both arms are extended.	1 point
The body is upright. The spine is extended, and the neck is in line with the spine.	1 point
The legs are straight and the feet are pointed.	1 point
Held for 3 seconds.	Compulsory
TOTAL POINTS	/4

Pole Icon Beginner

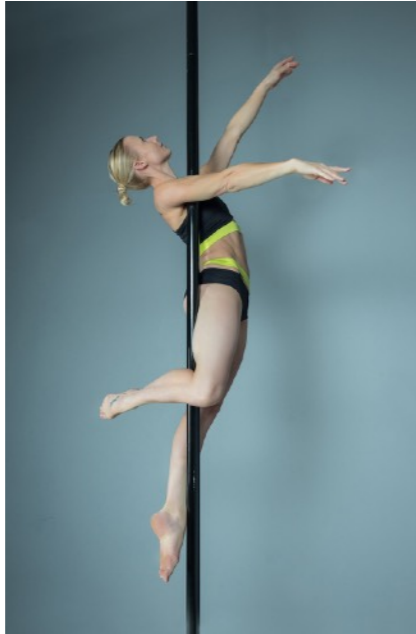


3. Basic Plank	MAX. POINTS
Gripping points are between the upper thighs. The gluteal and crotch area are also in contact with the pole. Both hands hold the pole in a grip of choice. One hand is above and one hand is below the body. Alternatively, both hands hold the pole above the body. Do not add any other gripping/contact points!	1 point
The shoulders are back and down.	1 point
The body is parallel to the floor. The spine is extended and the neck is in line with the spine. The legs, to torso, to head alignment is parallel to the floor, with 30° tolerance either upwards or downwards, or by folding forwards or backwards at the hips.	1 point
Both legs are straight and both feet are pointed.	1 point
Held for 3 seconds.	Compulsory
TOTAL POINTS	/4

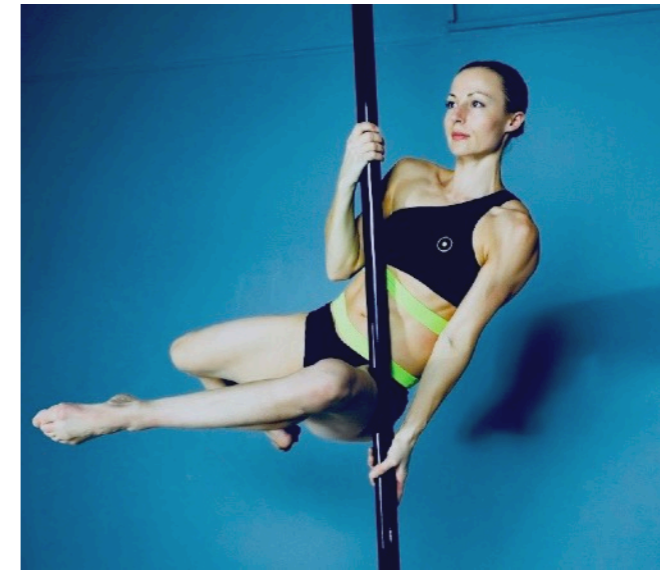


4. Star Gazer	MAX. POINTS
Gripping points are the hook of the top knee, the inner thigh and calf of the upper leg. The front of the foot, ankle, shin and inside of the knee, and area above the knee of the lower leg. The thigh and crotch area may also touch the pole. Do not add any other gripping/contact points!	1 point
The shoulders are back and down. The opposite side hand to leg holds the upper leg's ankle or shin. The free arm is extended straight in a position of choice.	1 point
The chest is open toward the direction of the top, hooked knee. The spine is extended or in a back arch. The body may be upright, parallel to the floor, or inverted.	1 point
The top leg's foot is pointed. The top leg is fully bent, the lower leg is slightly bent. The upper, hooked leg wraps from the outside of the pole inwards.	1 point
Held for 3 seconds.	Compulsory
TOTAL POINTS	/4

Pole Icon Beginner



5. 1/2 Figurehead	MAX. POINTS
Gripping points are under the inside arm, nearside torso or back, gluteal area and the back of the thigh of the nearside leg. The outside leg's shin and ankle are also in contact with the pole. Do not add any other gripping/contact points!	1 point
The shoulders are back and down. The arms are both extended, reaching in a direction of choice.	1 point
The body is upright and the spine is extended.	1 point
Both feet are pointed, the inside/nearside leg is bent and the outside leg is fully straight.	1 point
Held for 3 seconds.	Compulsory
TOTAL POINTS	/4



6. Cradle Sunwheel	MAX. POINTS
Gripping points are both hands, nearside/lower leg's top of thigh, near to the hip fold. The torso may also touch the pole. Do not add any other gripping/contact points!	1 point
The shoulders are back and down. The outside/upper arm is bent, the inside/lower arm is extended.	1 point
The body is upright. The spine is lengthened, and the neck is in line with the spine.	1 point
Both feet are pointed and the legs are bent. The inside leg is in front of the outside leg.	1 point
Held for 3 seconds.	Compulsory
TOTAL POINTS	/4

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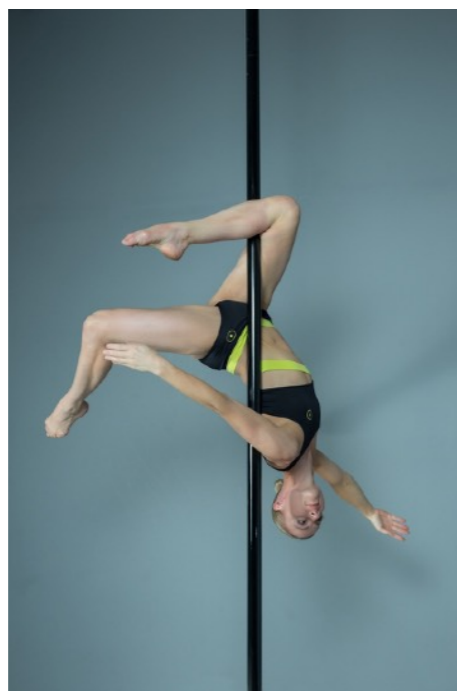


7. Wrist Seat Attitude	MAX. POINTS
Gripping points are both hands. One hand is above and one hand is below the legs, with both thumbs pointing upwards. The lower leg's thigh and gluteal area are also in contact with the pole. The upper/back leg has no contact with the pole. Do not add any other gripping/contact points!	1 point
The shoulders are back and down.	1 point
The torso is upright, or parallel to the floor. The spine is extended or arched. The neck is in line with the spine.	1 point
Both legs are bent. The lower leg, which is in contact with the lower hand, is in front, and the upper leg is behind the body. Both feet are pointed.	1 point
Held for 3 seconds.	Compulsory
TOTAL POINTS	/4



8. Remi Sit Upright	MAX. POINTS
Gripping points are the hook of the knee and thigh of the upper leg. The ankle/lower shin, and the foot of the lower leg. The gluteal and crotch area may also be contact with the pole. Do not add any other gripping/contact points!	1 point
The shoulders are back and down. Both arms are extended in a position of choice.	1 point
The torso is upright, the spine is extended and the neck is in line with the spine.	1 point
The legs are bent and crossed. The lower leg crosses over the upper leg at the shin or ankle. The upper foot is pointed.	1 point
Held for 3 seconds.	Compulsory
TOTAL POINTS	/4

Pole Icon Beginner



9. Gemini	MAX. POINTS
Gripping points are the outer leg's hooked knee, calf and thigh. The nearside torso, the hip and under the nearside arm. No hands touch the pole. Do not add any other gripping/contact points!	1 point
The shoulders are back and down. Both arms are extended. The outside arm reaches in a direction of choice.	1 point
The body is inverted. The spine is extended or arched, and the neck is in line with the spine.	1 point
Both legs are bent and both feet are pointed.	1 point
Held for 3 seconds.	Compulsory
TOTAL POINTS	/4



10. Inverted Crucifix	MAX. POINTS
Gripping points are between the knees, lower legs and ankles. The torso may be touching the pole. No hands touch the pole. Do not add any other gripping/contact points!	1 point
The shoulders are back and down. Both arms are extended, reaching away in a direction of choice.	1 point
The body is inverted. The spine is extended, and the neck is in line with the spine. The inverted position shows symmetry from the hips through to the upper body and head. The pole is in the centre of the body.	1 point
Both legs are slightly bent. The front foot is pointed.	1 point
Held for 3 seconds.	Compulsory
TOTAL POINTS	/4

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