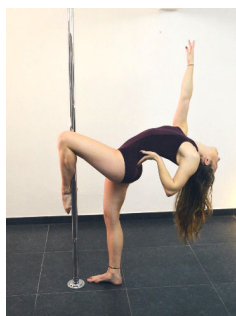


# Pole dance level 1



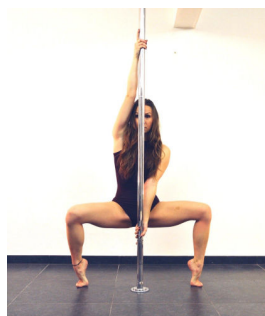
# Tricks



B-Hook



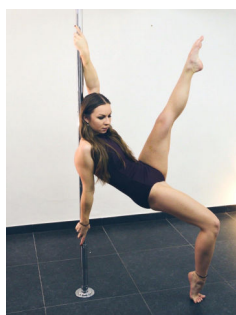
Figurehead



Second position



Cupid / Ballerina



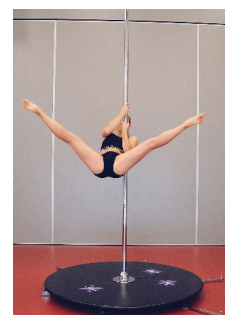
Step and slide



Side slide



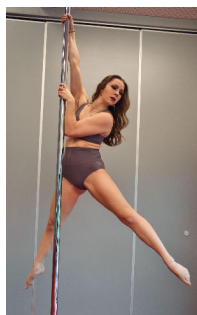
Flash



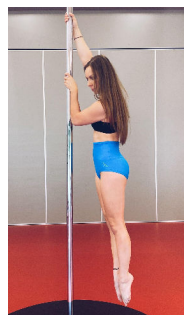
Fankick



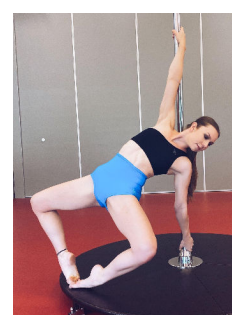
Forearm climb hang



Pencil



Tinkerbell



Diamond



Split



Split



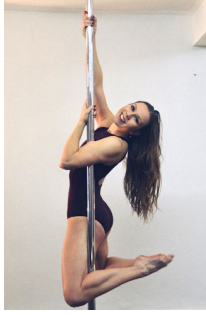
Split



Panché / Rear kick



One leg handstand



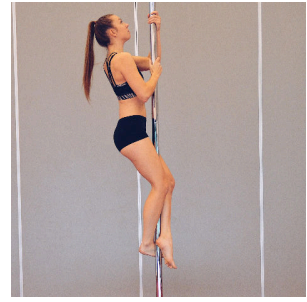
Back hook



Thread through seat



Snowflake



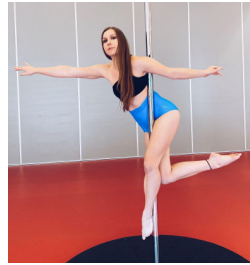
Basic climb



Jesus / Crucifix



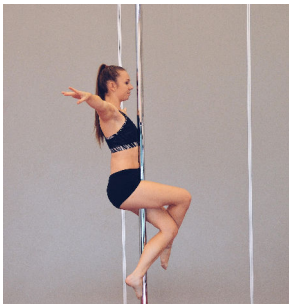
Crucifix variation



Totem king



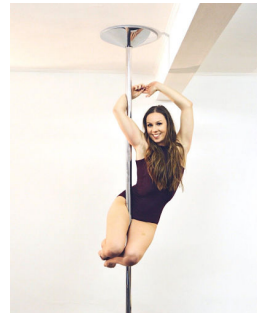
Climb and hug seat



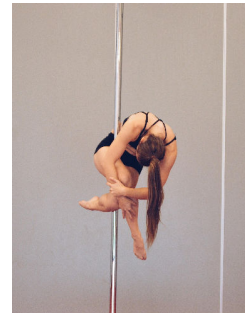
Basic seat



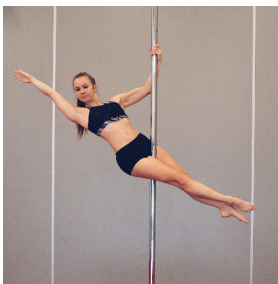
Jesus seat



Mermaid



Drama Queen



Superman sit



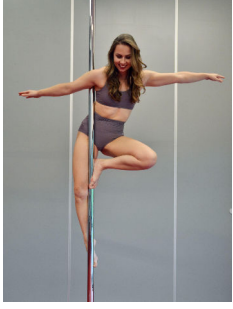
Scissors seat



Crossed plank



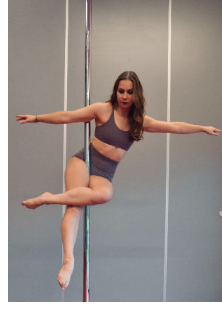
Broken spider



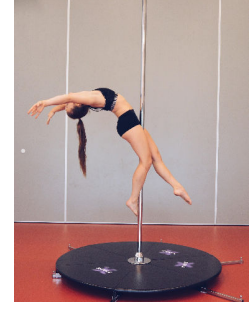
Half frog / Chinese seat



Frog / Chinese seat



Birdie



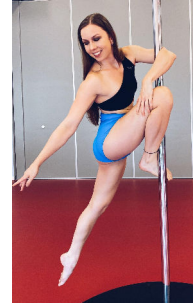
Seated Thigh hold



Trapped runner



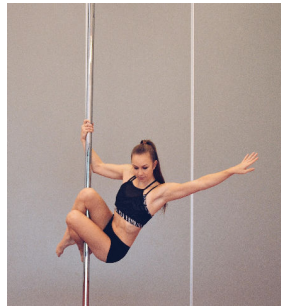
Stand on pole / Reiko



Annie



Remi sit



Side seat



Side seat variations



Side sit (easy Martini)



Elbow hug



Martini sit

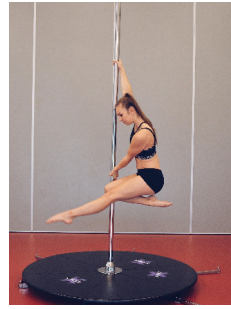


Side hook legs over arm





Straddle / boomerang



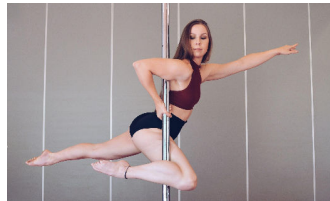
Air walk



Carousel / Frog



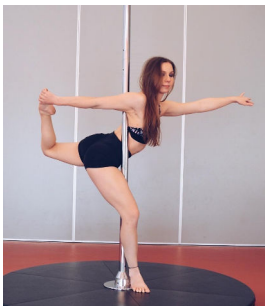
Angel



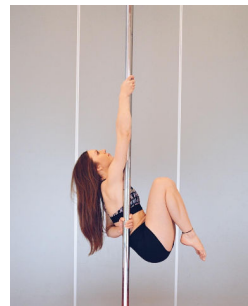
Mercury



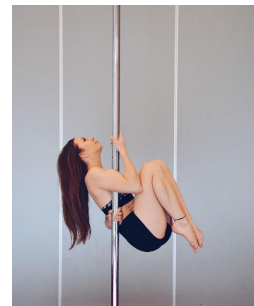
Elbow hold



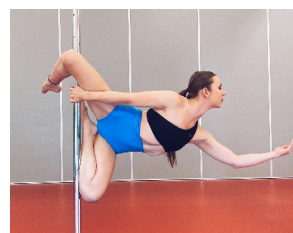
Ballerina / Swan



Back support hold



Viva



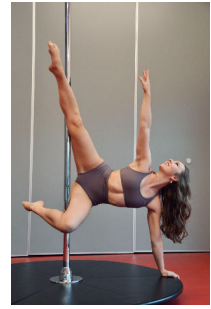
Dare devil



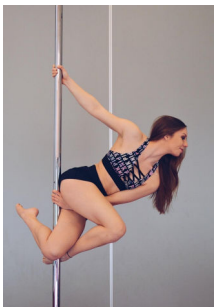
Lady Planche



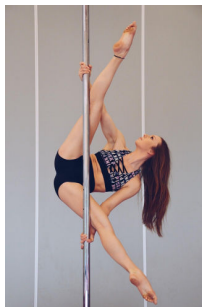
Genie



Side superman handstand / Variation



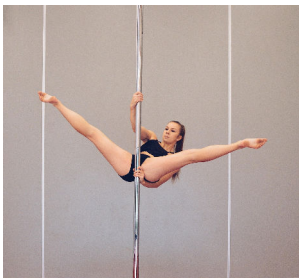
Anastasia Frog



Extended Frog



Stargazer



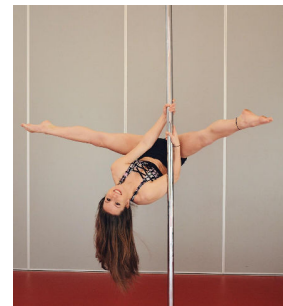
Wrist seat



Helicopter / Straddle



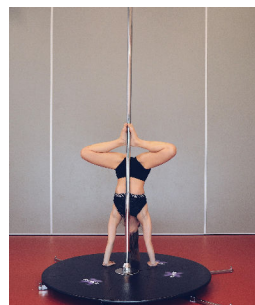
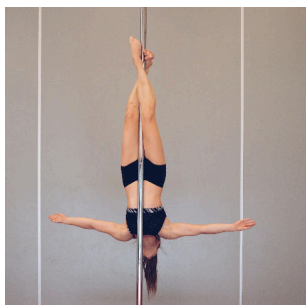
Basic invert



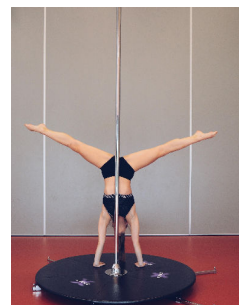
Funny grip invert



Jesus / Crucifix



Handstand



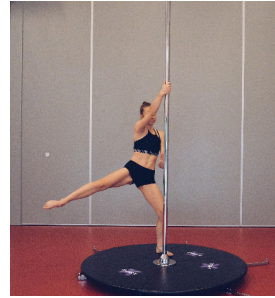
# Spins



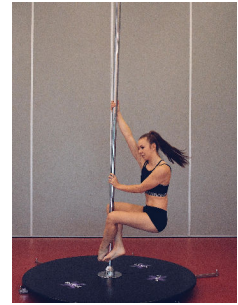
Step around - 1



Step around - 2



Step around - 3



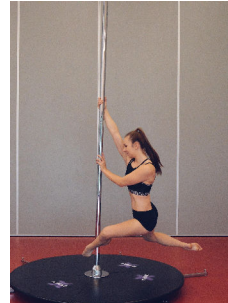
Fireman



Legs extended



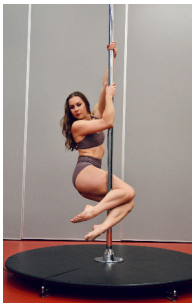
Mermaid



Front attitude



Attitude variation



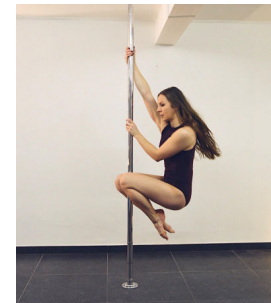
Twisted



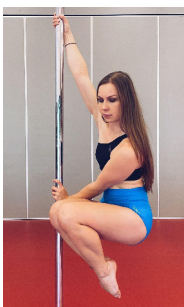
Front hook



Back hook



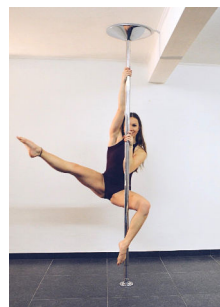
Knee



Chair



Cradle



Glamour



Peter Pan