

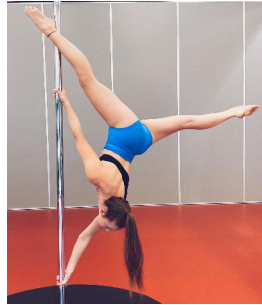
## Pole dance level 3



# Tricks



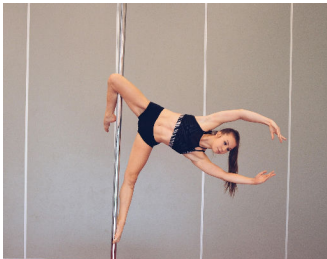
Inverted knot



Extended butterfly



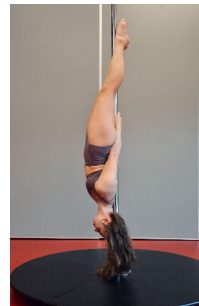
Poison



Cupid



Rainbow



Iguana



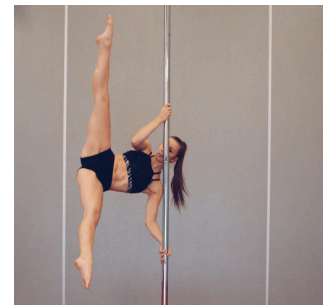
Dragon



Pike hip hold



Jade split



Kick



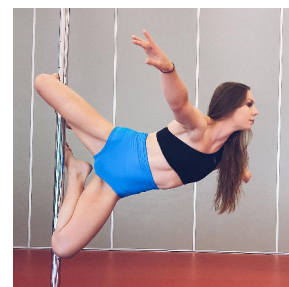
Superman sit / Scissors seat



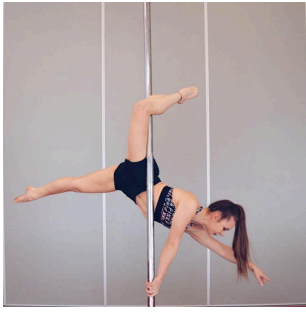
Side side advanced



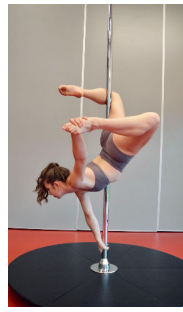
Russian Layback



Dare devil



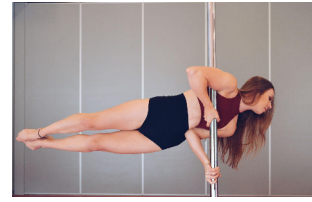
Flight attendant



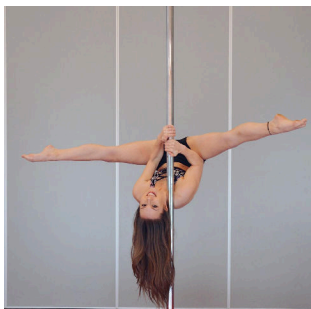
Flexy flight attendant



Extended brass monkey



Extended flag



Shoulder mount



Elbow hold



Genie variation



Marley / Snowball



Floor K



Split



Janeiro



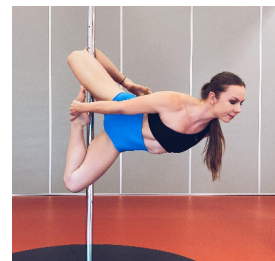
Easy brass bridge



Brass bridge variation



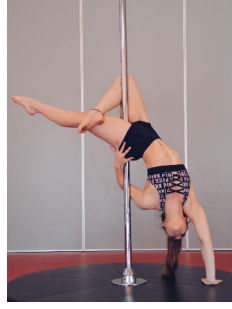
Brass bridge



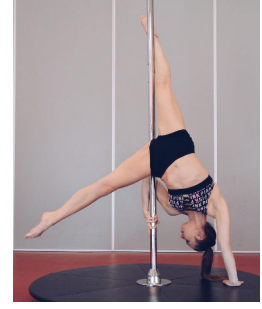
Gargola / Gargoyle



Leaning lotus



Elbow hold handstand

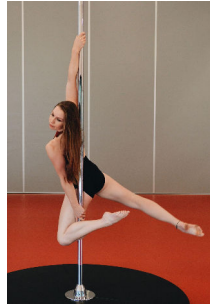


Janeiro handstand

# Spins



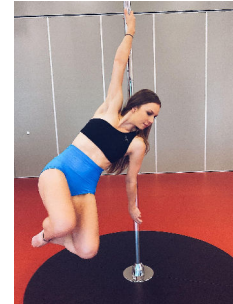
Plank chair spin



Juliet



Pencil



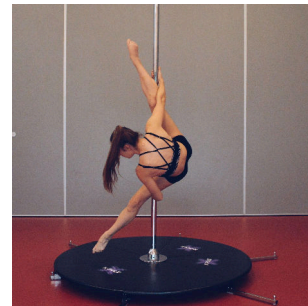
Reverse



Advanced boomerang /  
Wrist seat



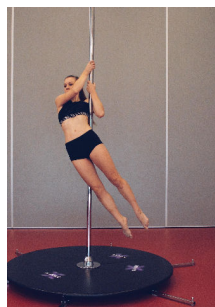
Pea /  
Wrist seat



Wrist seat



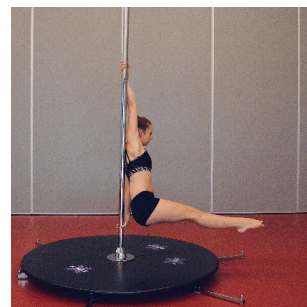
Corkscrew - 1



Corkscrew - 2



Corkscrew - 3



Compass