

# Recommendations/Requirements

\*\*If you choose/need to do classes out of order be aware that base moves/movement will not be taught as in depth as it's original designated class. If you find there are moves/movement you need more guidance with but can't attend designated class times sign up for either After Hours Open Practice or Pop-In & Play & ask instructor for more guidance.\*\*

Add other classes such as drop-ins, heels, workshops, etc to your regimen at any time!

## Foundational Floorwork Classes

Add before OR during your pole classes

A.1 - A.2 - A.3 - A.4 - A.5 - A.6 (Tier A) Liquid Motion

B.1 - B.2 - B.3 - B.4 - B.5 - B.6 (Tier B) Liquid Motion

Enhanced

- Add after completing up to Tier B

Liquid Motion Tier A	To join it is recommended to have completed:	You need to feel solid in:
Level: Beg	No pre classes required	
Liquid Motion Tier B	To join it is recommended to have completed:	You need to feel solid in:
Level: Int	- Liquid Motion Tier A	- Windows & Threading - Crawls - Side Crunch to Cobras - Bridge Grinds - Plows/Rollovers
Liquid Motion Enhanced	To join it is recommended to have completed:	You need to feel solid in:
Level: Adv	- Liquid Motion Tier A&B	- Rollovers: Forwards & Backwards - Half Flops - 5 Point Rolls - Bridge Threads to Knee - Shoulder Swivels - High Back Rolls - Bridge to Plows

## Intro/Drop-In Classes

Pre Req Pole Intro	To join it is recommended to have completed:	You need to feel solid in:
Level: Beg	No pre classes required	
Pop-In & Play	To join it is recommended to have completed:	You need to feel solid in:
Level: All	No pre classes required	

# Foundational Pole Classes

## “FLIE”

**F**oundations **L**evitations **I**nversions **E**levations  
 Level: Beg      Level: Beg to Int      Level: Int      Level: Beg/Int.Adv

- 1.1 - 1.2 - 1.3 - 1.4 - 1.5 - 1.6 (Tier 1) Foundations
- 2.1 - 2.2 - 2.3 - 2.4 - 2.5 - 2.6 (Tier 2) Foundations
- 3.1 - 3.2 - 3.3 - 3.4 - 3.5 - 3.6 (Tier 3) Levitations
- 4.1 - 4.2 - 4.3 - 4.4 - 4.5 - 4.6 (Tier 4) Levitations
- 5.1 - 5.2 - 5.3 - 5.4 - 5.5 - 5.6 (Tier 5) Inversions
- 6.1 - 6.2 - 6.3 - 6.4 - 6.5 - 6.6 (Tier 6) Inversions

**ElevationsBEG: (Level Beg 1-2)**  
 -Moves & combos built off Foundations Tiers 1&2  
 -Add after completing up to Foundations Tier 2

**ElevationsINT: (Level Beg 3-5)**  
 -Moves & combos built off Levitations & Inversions  
 -Add after completing up to Inversions Tier 5

**ElevationsADV: (Level Beg 6+)**  
 -Advanced moves for the seasoned poler  
 -Add after completing up to Inversions Tier 6

<b>Foundations Tier 1</b>	<b>To join it is recommended to have completed:</b>	<b>You need to feel solid in:</b>
Level: Beg	- Pre Req Pole Intro	
<b>Foundations Tier 2</b>	<b>To join it is recommended to have completed:</b>	<b>You need to feel solid in:</b>
Level: Beg	- Pre Req Pole Intro - Foundations Tier 1	- Swing Motion & Step Arounds - PPP's - Manipulating your connection points & space
<b>Levitations Tier 3</b>	<b>To join it is recommended to have completed:</b>	<b>You need to feel solid in:</b>
Level: Beg	- Pre Req Pole Intro - Foundations Tier 1&2	- Full bracket bottom hand positions w/correct form - Being able to lift your body weight
<b>Levitations Tier 4</b>	<b>To join it is recommended to have completed:</b>	<b>You need to feel solid in:</b>
Level: Int	- Pre Req Pole Intro - Foundations Tier 1&2 - Levitations Tier 3	- Climbs - Jasmine - Genie - Apprentice - Pole Sits

<b>Inversions Tier 5</b>	<b>To join it is recommended to have completed:</b>	<b>You need to feel solid in:</b>
Level: Int	<ul style="list-style-type: none"> <li>- Pre Req Pole Intro</li> <li>- Foundations Tier 1&amp;2</li> <li>- Levitations Tier 3&amp;4</li> </ul>	<ul style="list-style-type: none"> <li>- Chopper/Pole Crunch</li> <li>- Anchor Points</li> <li>- All the different pocket points: Knees &amp; knee pits, outer &amp; inner thighs, sides &amp; armpits &amp; elbow pits</li> <li>- Climbs &amp; Crucifix</li> <li>- Pole Sit to Apprentice</li> </ul>
<b>Inversions Tier 6</b>	<b>To join it is recommended to have completed:</b>	<b>You need to feel solid in:</b>
Level: Int	<ul style="list-style-type: none"> <li>- Pre Req Pole Intro</li> <li>- Foundations Tier 1&amp;2</li> <li>- Levitations Tier 3&amp;4</li> <li>- Inversions Tier 5</li> </ul>	<ul style="list-style-type: none"> <li>- Basic Invert &amp; Bat</li> <li>- Inside &amp; Outside Leg Hang</li> <li>- Exits &amp; Entries to Inverts</li> <li>- One Legged Dive</li> <li>- Thigh Holds</li> </ul>

<b>BEG Elevations</b>	<b>To join it is recommended to have completed:</b>	<b>You need to feel solid in:</b>
Level: Beg	<ul style="list-style-type: none"> <li>- Pre Req Pole Intro</li> <li>- Foundations Tier 1&amp;2</li> </ul>	<ul style="list-style-type: none"> <li>- Swing Motion &amp; Step Arouds</li> <li>- PPP's</li> <li>- Manipulating your connection points &amp; space</li> </ul>
<b>INT Elevations</b>	<b>To join it is recommended to have completed:</b>	<b>You need to feel solid in:</b>
Level: Int	<ul style="list-style-type: none"> <li>- Pre Req Pole Intro</li> <li>- Foundations Tier 1&amp;2</li> <li>- Levitations Tier 3&amp;4</li> <li>- Inversions Tier 5</li> </ul>	<ul style="list-style-type: none"> <li>- Climbs</li> <li>- Jasmine</li> <li>- Genie</li> <li>- Apprentice</li> <li>- Pole Sits</li> <li>- Pole Sit to Apprentice</li> <li>- Anchor Points</li> <li>- Basic Invert &amp; Bat</li> <li>- Inside &amp; Outside Leg Hang</li> <li>- Exits &amp; Entries to Inverts</li> <li>- One Legged Dive</li> <li>- Thigh Holds</li> </ul>
<b>ADV Elevations</b>	<b>To join it is recommended to have completed:</b>	<b>You need to feel solid in:</b>
Level: Adv	<ul style="list-style-type: none"> <li>- Pre Req Pole Intro</li> <li>- Foundations Tier 1&amp;2</li> <li>- Levitations Tier 3&amp;4</li> <li>- Inversions Tier 5&amp;6</li> </ul>	<ul style="list-style-type: none"> <li>- All your foundational skills</li> <li>- Be ready to try everything</li> </ul>