

# Core Focus Theme & Elevated Class Outline

Add other classes such as heels, workshops, & soul circles as desired!

## Floorwork Classes

Add before OR during your pole classes

	Level:	It is helpful to have completed:	It is helpful to feel solid in:
A.0Liquid Motion	Level: Beg		
Liquid Motion Elevations	Level: Int/Adv	- A.0Liquid Motion	- Windows & Threading - Crawls - Side Crunch to Cobras - Bridge Grinds - Plows/Rollovers - 5 Point Rolls - Rollovers: Forwards & Backwards

## Starter Staples

	Level:	It is helpful to have completed:	It is helpful to feel solid in:
Starter Staples: Posture & Swing Motion	Level: Beg		

## “FLIE” Pole Classes

		Level:	It is helpful to have completed:	It is helpful to feel solid in:
1.0Foundations	Foundations Level: Beg	Level: Beg	- Starter Staples	
2.0Foundations		Level: Beg	- Starter Staples - 1.0Foundations	- Pole Posture - Manipulating connection points & space
Elevations2.5 Elevated from 1.0 - 2.0		Level: Beg	- Starter Staples - Foundations 1.0 & 2.0	- Pole Posture - Manipulating connection points & space
3.0Levitations	Levitations Level: Beg to Int	Level: Beg	- Starter Staples - Foundations 1.0 & 2.0	- Pole Posture - Lifting your body weight
4.0Levitations		Level: Int	- Starter Staples - Foundations 1.0 & 2.0 - 3.0Levitations	- Climbs - Pole Sits
Elevations4.5 Elevated from 1.0 - 4.0		Level: Beg/ Int	- Starter Staples - Foundations 1.0 & 2.0 - Levitations 3.0 & 4.0	- Climbs - Pole Sits
5.0Inversions	Inversions Level: Int	Level: Int	- Starter Staples - Foundations 1.0 & 2.0 - Levitations 3.0 & 4.0	- Climbs - Sits - Jasmine - Genie - Apprentice - Pole Sit to Apprentice - Pole Crunches/Chopper
6.0Inversions		Level: Int	- Starter Staples - Foundations 1.0 & 2.0 - Levitations 3.0 & 4.0 - Inversions 5.0	- Climbs - Sits - Jasmine - Genie - Apprentice - Pole Sit to Apprentice - Basic Invert & Bat - Inside & Outside Leg Hang - Exits & Entries of Inverts
Elevations6.5 Elevated from1.0 - 6.0		Level: Adv 6+	- Starter Staples - Foundations 1.0 & 2.0 - Levitations 3.0 & 4.0 - Inversions 5.0 & 6.0	- Apprentice - Pole Sit to Apprentice - Basic Invert & Bat - Inside & Outside Leg Hang - One Legged Dive - Thigh Holds - Exits & Entries to Inverts
Master Elevations Elevated from 1-0 - 6.5	Elevations Level: Adv	Level: Adv 7+	- Starter Staples - Foundations 1.0 & 2.0 - Levitations 3.0 & 4.0 - Inversions 5.0 & 6.0 - Elevations 6.5	- All basic variations to basic inverts - Going Upside Down - Safety & Exit Strategies