



Pole Level 4

Done	Trick Name	Date	Comment
	Reverse Grab Spin into Reverse Attitude		
	Flying Squirrel		
	Deadlift Invert		
	Ballerina with Armpit		
	Layback Plank		
	Superman out of Belly Spin/Jamilla		
	Superman out of Leg Hang		
	Side Superman		
	Brass Bridge		
	Chinese Split		
	Remisit		
	Cupid		
	Cupid Flatline		
	Twusted Grip Handstand		
	Invert from Hood Ornament		
	Aerial Invert		
	Iguana Pencil from Floor		
	Brass Monkey		
	Funky Monkey		



Pole Level 4

Done	Trick Name	Date	Comment
	Combo: Brass Monkey to Pole Sit		
	Reverse Ayesha		
	Combo: Reverse Ayesha to Pegasus Variation		
	Shouldermount		
	Cruzifix to Shouldermount		
	Jade Split		
	Caterpillar Climbs		
	Brassmonkey Cartwheel Up with Hands into Pole Sit		
	Pterodactyl		
	Supported Plank (Easy)		
	Plank Facing Down		
	Cross Bow		