



# Pole Level 1

Done	Trick Name	Date	Comment
	Fireman Spin		
	Back Hook		
	Step Around		
	Waitress Turn		
	Underarm Turn		
	Front Hook		
	Beginner Climb		
	Pole Sit with no hands		
	Upright Cruzifix		
	Cruzifix Fold Over		
	Fan Kick		
	Upright Tigh Hold		
	Layback with one hand		
	Combo: Step Around – Underarm Turn – Step Around – Back Hook		
	Martini Sit		
	Layback with one Hand		
	Crossed Knee Release holding ankle		
	Combo : Step Around – Waitress Turn – Step Around – Waitress Turn		
	Combo: Fan Kick – Fan Kick		