

## Intermediate Pole Advancement Checklist

If a trick is marked L/R, you must be able to achieve each of these moves on both sides

- Pirouette L/R
- Fireman spin L/R
- Floor fan L/R
- Chair Spin L/R
- Stag Spin L/R
- Front Hook Spin L/R
- Back Hook Spin L/R
- Side Spin L/R
- Tuck Spin L/R
- Carousel Spin L/R
- Cradle hold L/R
- Cradle spin L/R
- Basic Climb L/R
- Fan kick L/R
- Pole Seat (Straight leg or Cross Knee)
- Crucifix L/R
- Jasmine L/R
- Shoulder Roll
- Side Climb L/R
- Basic invert from tabletop (low) L/R