



## **INTERMEIDATE POLE FITNESS INSTRUCTOR COURSE DESCRIPTION**

The Spin City Intermediate Pole Fitness Instructor Course focuses on developing the basic skills taught at the beginners' level while adding on the next block of moves in the Spin City syllabus, working from basic inverts up to arms only preparation. We will discuss class planning in the context of progress chains and how you can use combinations and sequences to both challenge your students, avoid move plateaus, and ensure safe progression

*This course is designed for teaching on static poles including chrome, stainless steel, brass and powder coated finishes.*

## **COURSE MOVES**

### **BASIC INVERTS AND DISMOUNTS**

- Basic Invert
- Crucifix
- Handstand Dismount
- Belly Slide Dismount
- Shoulder Spin Dismount

### **INTERMEDIATE POLE SKILLS**

- Handstand Butterfly
- Reverse Grab
- Thigh Hold
- Hip Hold
- Climb Over (from Gemini and Crucifix)
- Star
- Viva
- Flatline
- Triangle Pose
- Cupid
- Cross Knee and Cross Ankle Release
- Bow and Arrow
- Advanced Jamilla
- Shoulder Mount Dismount
- Shoulder Mount Butterfly
- Flatline Scorpio
- Scorpio
- Straddle Invert
- Chopper
- Superman
- Extended Butterfly
- Caterpillar and Caterpillar Hold
- Iguana, Pencil and Crab
- Split Heel
- Duchess
- Aerial Invert
- Brass Monkey

### **ARMS-ONLY INTRODUCTION**

- Split Grip Prep
- Elbow Grip Prep
- Twisted Grip Prep
- Chinese/Cup Grip Prep
- Flower
- Inverted D
- Dismounting to the floor from Arms-Only Prep



## COURSE UNITS

- Unit 1: Introduction to Intermediate Pole
- Unit 2: Intermediate Pole Moves
- Unit 3: Introduction to Arms-Only Movement
- Unit 4: Intermediate Strength and Stretching
- Unit 5: Progressive Teaching and Coaching
- Unit 6: Intermediate Health and Safety

## COURSE REQUIREMENTS AND PRE-REQUISITES

### You will need:

- to hold a Spin City Beginners Pole Fitness Instructor Course certificate, or equivalent certificate
- a minimum of 2 years' pole fitness experience (recommended)
- access to the internet via a PC, laptop, or mobile device
- access to at least 1 static pole
- a minimum of 2 hours' study/training time per week (to complete the course within the 1-year deadline)
- a device to film videos on (mobile phones are allowed)
- at least 1 student for the teaching assessment

## COURSE ASSESSMENT

This course has two main parts to the assessment; a theory assessment and a practical assessment.

Theory Assessment	Practical Assessment
Answer theory questions related to each unit of the course. Questions are multiple choice, or short answers.	<b>Part 1: Teaching Moves.</b> Teach 3 individual moves from the course to at least 1 student. <b>Part 2: Combination of Moves.</b> Demonstrate a combination of 5 moves from the course syllabus. <b>Part 3: Core Moves Technique and Execution.</b> Perform each of the core course moves.

Available online and face-to-face, see [www.spincityinstructortraining.com](http://www.spincityinstructortraining.com) for pricing.



## **CORE MOVES**

*Compulsory moves required for technical assessment*

1. Basic Invert
2. Gemini
3. Scorpio
4. Cross Knee or Cross Ankle Release
5. Shoulder Mount
6. Superman
7. Brass Monkey
8. Arms Only Prep – right side 2 positions
9. Arms Only Prep – left side 2 positions

For the technical assessment, you'll need to film yourself performing each of the core course moves listed above.

### ***What is expected?***

- Demonstrations should show safe and correct technique for the level of the course.
- The entry and exit to the move must be seen in each move video.
- Each move should be held for a minimum of 3 seconds (unless the move is dynamic).

Questions about the course? Email [spincitymentor@gmail.com](mailto:spincitymentor@gmail.com)