



POLE FABRIC COURSE DESCRIPTION

The Spin City Pole Fabric Instructor Course will teach you how to effectively use the pole fabric clamp system to support and adapt existing moves and will expand your repertoire to include a range of fabric specific techniques.

COURSE MOVES

POLE FABRIC SPINS

- Split Fabric Spins
 - o with legs on the pole
 - o with legs off the pole
 - o holding the pole
 - o using Snake Grip
- Hitch Spins
 - o with a high hitch
 - o with a mid-height hitch
 - o with a low hitch

POLE FABRIC INVERTS

- Split Fabric Inverts
 - o Seated Series
 - o Bow and Arrow
 - o Pencil
 - o Crab
 - o Reiko Splits
 - o Layback Splits
 - o Shoulder Mount Series
- Inverting Between the Fabric and the Pole
 - o Pike, Straddle, Ball, Pencil
 - o Splits Series
 - o Gemini/Scorpio Series
 - o Superman and Seated Dismounts
- Cross Back/Crucifix Grip
 - o Cradle
 - o Crucifix
 - o Seated Series
- Single Fabric Inverts
 - o Crucifix
 - o Thigh Hold Push Out
 - o Crucifix to Superman
- Snake Grip Inverts
- Hitch Inverts
 - o Back Balance Series
 - o Standing Series
 - o Hitch Invert Variations



COURSE UNITS

- Unit 1: Introduction to Pole Fabric
- Unit 2: Basic Pole Fabric Moves
- Unit 3: Adapting Pole Movement Onto Fabric
- Unit 4: Pole Fabric Class Planning
- Unit 5: Pole Fabric Choreography
- Unit 6: Pole Fabric 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
- access to the internet via a PC, laptop, or mobile device
- access to at least 1 pole and pole fabric clamp system, with the ability to set the pole to spin
- 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)

COURSE ASSESSMENT

This course has two main parts to the assessment; a theory assessment and a short video to show your technical ability.

Theory Assessment	Practical Assessment
Answer theory questions related to each unit of the course. Questions are multiple choice, or short answers.	Film yourself performing a continuous combination of 5 moves from the pole fabric course

You will have 1 year from the date you are enrolled onto the course to complete the online study and assessment.

Available online only, see www.spincityinstructortraining.com for pricing.

Questions about the course? Email spincitymentor@gmail.com