



## **POLE FLOW COURSE DESCRIPTION**

The Spin City Pole Flow Instructor Course will show you how to break down and teach key pole flow transitions and build sequences of your own. You will learn ways to help your students to gain in confidence, fluidity, and eventually develop their own style of flow.

## **COURSE MOVES**

### **STANDING/UPRIGHT MOVES AND TRANSITIONS**

- Floaty Step Around
- Reverse Step Around
- Step Around to Elbow Step Behind
- Step Through
- Body Waves
- Pole Walks
- Reverse Pirouettes
- Pole Squat with Leg Slides
- Pole Squat to Barrel Roll
- Heel Clicks
- Pirouette Spin
- Flick Kicks
- Ballerina Spin Out
- Floaty Chair
- Back Hook Walk Out

### **FLOOR-BASED MOVES**

- Knee Spin
- Floor Pirouette
- Lunge Pirouette
- Lunge to Lunge
- Lunge Cartwheel
- Bum Spin
- Floor Cartwheel
- Pike Across
- Backwards Roll
- Lying Tuck to Tuck Spin
- Slide Through to Split
- Floor Jade
- Floor Brass Monkey Transitions
- Floor Holly Drop

### **HEIGHT CHANGE SKILLS**

- Step and Slide
- Cartwheel to Lunge
- Pole Squat to Lunge
- Pike to Mermaid Spin
- Inside Leg Hook to Attitude Spin
- Reverse Side Spin
- Juliet Spin
- Faint Spin
- Drag and Fly
- Spin Up
- Russian Get-Up



## **COURSE UNITS**

Unit 1: Introduction to Pole Flow

Unit 2: Standing and Upright Moves and Transitions

Unit 3: Floor-Based Moves

Unit 4: Height Change Skills

Unit 5: Pole Flow Combinations

Unit 6: Teaching Pole Flow

## **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
- 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 pole flow combination of 5 skills from the 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](http://www.spincityinstructortraining.com) for pricing.

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