

PolePassion Competition

Amateur / Beginners:

Alle spins met twee handen aan de paal.

Bridge/bruggetje

Polesplit

Vertical clime/basic clime

Chinese pole climb

Stand in pole

Ladysit/polesit

Take 5

Chinese polesit

Seated split/Wrist seat

Vertical break

Helicopter

Insideleghang

Outsideleghang

Thigh Hold

Butterfly

Hangover crossed knee

Wonderwoman/laybackplank

Flatliner

Star/cupid support

Handstanden met de paal en op de vloer, 2 handen op de grond.

Technieken Semi Professional / Intermediate 1:

Alle technieken van Amateur/ Beginners plus:

Alle basis spins aan 1 hand.

Playgirl/ craddle spin

Playboy-> 1 been gestrekt

Flying free

Swan

Split in pole

Sideclimb

Armbanner

Jeanie

Meathook

Cupid en variaties

Butterfly stretched legs

Hangover stretched legs

Hood ornament

Shouldermount (niet heffen)

Brass monkey

Backsupported split

Marley

Iguana

Teddy

Kneebanner

Handstanden vanuit de paal-> niet inspringen-> normal grip, twisted grip

(geen cupgrip en elbowgrip)

Handstanden met de paal 1 hand op de grond.

Technieken Professional / Intermediate 2

Alle technieken van Amateur / Beginners en Semi Professional / Intermediate 1

Swan split

Playgirl no hands / Cradle spin

Alle climbs

Butterfly one hand

Ballerina

Superman->alle variaties

Tulip

Shouldermount princess grip

Shouldermount heffen

Yogini

Jade

Chopsticks

Dragontail

Russian Layback

Cocoon

Toothbrush

Thigh hold, jump out

Shouldermount jump out

Vertical break jumpout

Handsprings, jump in alle grips toegestaan (cupgrip, elbowgrip, normal grip,)

Regrip toegestaan

Titanic

Alle planks met 1 been gebogen

Marion Amber

Technieken Elite/ Advanced

Alle technieken Amateur/ Beginners, Semi Professional / Intermediate, Professional / Intermediate 2.

Iron x

Shark

Machinegun

Jade variaties

Elbow hold plank

Handstand plank

Table top-> beide benen gestrekt

Russian split

Spatchcock

Eagle

Starfish

Rainbow Marchenco

Bird of paradise

Alle flips, drops en jump outs

Alle regrips