



Contemporary dance & Pole company

Jose Rodrigues

**Level 1
Book**

Grips

Forearm Grip



Elbow Grip



Full Brackets



Baseball Grip



Cup Grip



Twisted Grip



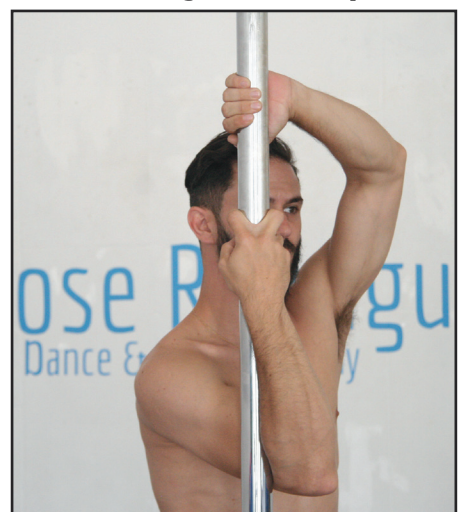
Half Brackets



Armpit Grip



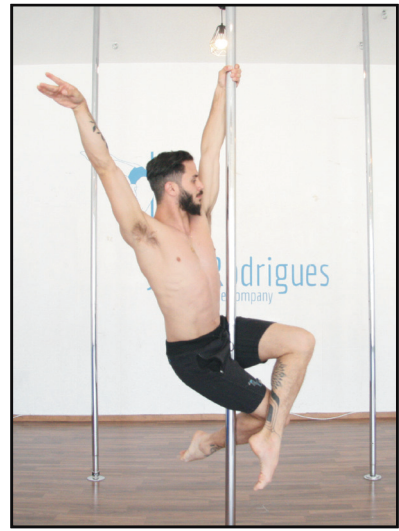
Ninja Grip



1

Basic Sit

Notes: _____



1

Sit with Armpit Hold

Notes: _____

1

Fankick

Notes: _____





1

Seated Tuck

Notes: _____



1

Baby Tuck

Notes: _____



1

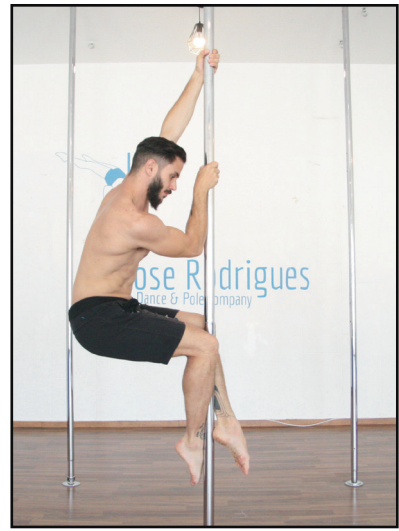
Angel Spin

Notes: _____

1

Basic Climb

Notes: _____



1

Climb Single Leg Hold

Notes: _____

1

Extended Sit

Notes: _____





1

Froggy Split

Notes: _____



1

Diva (from floor)

Notes: _____



1

Diva Split

Notes: _____

1

Knee Raise

Notes: _____



1

Angel

Notes: _____

1

Froggy

Notes: _____





1

Stargazer

Notes: _____



1

Outside Leg Hang

Notes: _____



1

Monkey Climb

Notes: _____

1

Half Brackets Hold with no legs

Notes: _____



1

Elbow hold with no legs

Notes: _____



1

Side Sit

Notes: _____





1

Full Layback

Notes: _____



1

Atittude

Notes: _____



1

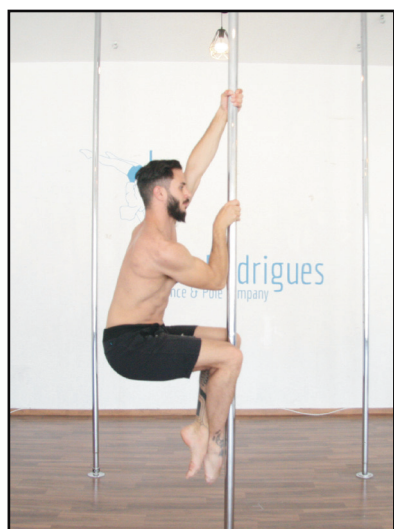
Rainbow

Notes: _____

1

Froggy Climb

Notes: _____



1

Double Knee Climb

Notes: _____

1

Half Layback

Notes: _____

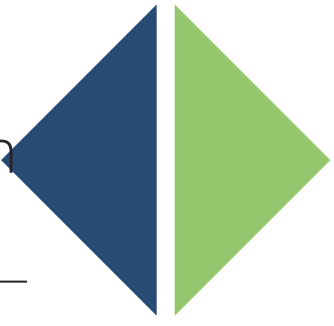




1

Wonderwomen

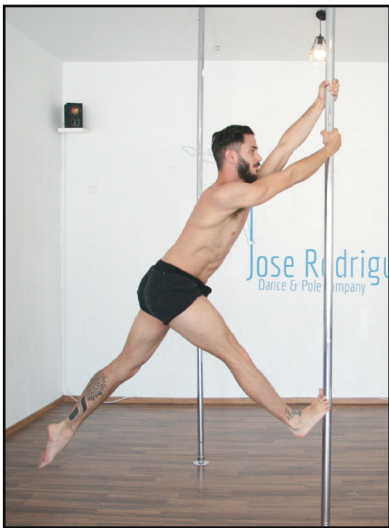
Notes: _____



1

Half Moon

Notes: _____



1

Banana Push

Notes: _____

1

Knee Spin

Notes: _____



1

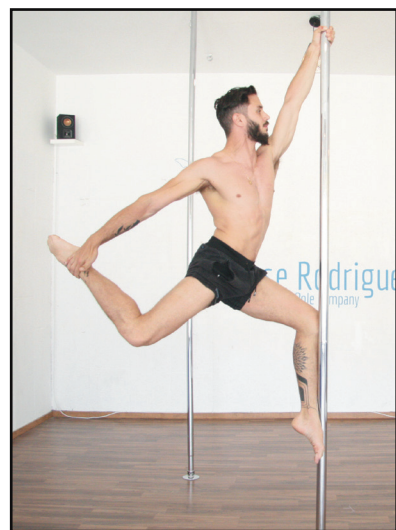
Ballerina

Notes: _____

1

Basic Climb with Leg Hold

Notes: _____





1

Fly with Open Legs

Notes: _____



1

Half Armpit Knee Hold

Notes: _____



1

Fireman Spin

Notes: _____

1

Basic Spin with No Leg

Notes: _____

