

Part I – Compulsory Moves

Before the exam, you should be familiar with and understand the Pole Level 3 terminology listed below, and be able to demonstrate each move without guidance from the instructor. It is expected that you will have already learned these moves in your regular classes. You will be graded based on your technical execution of each move, as well as your performance quality during the assessment.

- Double Spin (any combination of two spins; must include a change in body direction)
- Cork Screw (aka Body Wrap)
- Crunch Spin
- Star Spin
- Reverse Grab (aka Noodle)
- Sidewinder Hold
- Climb
- Layout
- Mounted Snake
- Thigh Hold
- Pole Sit
- Teddy Bear*
- Drop Split

Moves marked with an asterisk (*) may be performed on either side, you may choose which side. All other items must be performed on both sides.

In-studio Exams: You will demonstrate each of the compulsory moves while the instructor and judges assess your performance. You may be asked to repeat moves multiple times on both sides.

Online Exams: You must submit a video of yourself demonstrating the above moves, one by one. Name each move or combination before executing it. You should demonstrate every move once, on both sides, except where indicated.

Part II – Routine Instruction and Performance

In-studio Exams: The instructor will teach a choreographed routine that incorporates most or all of the listed compulsory moves, and may include other dance moves and floor work. The instruction will be fast-paced, but you will be able to rehearse the routine multiple times during instruction. You do not need to memorize the routine.

You will perform the routine in small groups while judges assess your performance. You will be expected to smoothly transition between the moves you've learned and perform each move with proper form. You are not being tested on memorization and the instructor will demonstrate/call out the routine during your performance.

Online Exams: You will receive a video of a choreographed routine that incorporates most or all of the listed compulsory moves, and may include other dance moves and floor work. The instructor in this video will break down and demonstrate the full routine.

Record a video of yourself performing the entire routine in one go. You will be expected to smoothly transition between the moves you've learned and perform each move with proper form. You are not being tested on memorization, and you may play the instructor's video and follow along while performing. Videos should be emailed to info@xposefitness.com.

Part III – Assessment

Your assessment will be judged based on proper technique and performance qualities, including musicality and confidence. If you do not pass, three classes will be added to your account to give you a chance to work on perfecting your moves.

In-studio Exams: The instructor and judges will inform each participant privately of their status, provide feedback, and award you two garters if you pass.

Online Exams: You will receive an email from the instructor to inform you of your status and providing feedback. If you pass you will be notified when you may pick up your garters from the studio.