

Congratulations on reaching the Black Garter Exam! This exam may only be completed in-studio, as it is a performance. You will choreograph and perform a routine for a panel of Xpose Fitness instructors/judges. Family, friends, and fellow divas may attend and cheer you on! Please see below the requirements for you to begin choreographing your routine.

## Routine Requirements

**General Parameters:** This exam is static pole-only; you may not perform any moves on spin-pole, and you may not include a chair in your routine. No props of any kind are permitted.

**Performance Attire:** No costumes. It is recommended that you wear normal class attire that you are comfortable moving in. Heels are not required - you may perform in shoes or bare feet.

**Music:** Routine tracks must be between **3:30** and **4:00** minutes in length. You may select a song of this length or choose to edit a track. You must provide a digital copy in MP3 format. Digital copies should be emailed to [info@xposefitness.com](mailto:info@xposefitness.com).

## Compulsory Moves

Below are listed the number of skills from each level to be required in your routine. You must submit a hard copy of your selected compulsory skills to the judges on the day of the exam. This list should include only the required elements for which you would like to be graded. You may include additional moves in your routine, but they will not count towards your compulsory requirements.

## Skill Requirements

- Three skills from Level 1
- One skill from Level 2, Level 3, and Level 4
- Two skills from Level 5
- Two non-dominant skills from Level 2 or above

As noted above, you must include two moves from Pole Level 2 or above to be performed on your non-dominant side. These may be included as or in addition to the other level-required moves. Please be sure to double check the current glossary and ensure your selected compulsories meet Xpose Fitness Pole Level designations. It is recommended that you select compulsories that are already comfortable to you. It is not advised to try new things just for this exam!

## Other Judging Criteria

Your performance quality is just as important as your compulsory skills! The judges will be looking for smoothness, grace, confidence, recovery, musicality, pointed toes, expressive faces, etc.

# **Black Garter (Pole Level 5) Information Sheet**

## **Showcase/Assessment**

A panel of Xpose Fitness instructors will observe and judge your performance, based on the above criteria. Following all routine performances, they will confer and decide which participants have satisfactorily completed and met all requirements. The judges will inform each participant privately of their status and provide feedback.

Tickets are required for all spectators to this exam. Invite your support system to cheer you on! There will be a ceremony to award garters to the newest members of the Order of the Black Garter! You will also have the option to order a custom embroidered Order of the Black Garter hooded sweatshirt.