

White Garter (Pole Level 1) Information Sheet

Part I – Compulsory Moves

You will be expected to understand the listed Pole Level 1 terminology and be able to demonstrate moves without guidance from the instructor. It is expected that you have already learned these moves during previous classes. You will be graded based on the technical aspect of each move, as well as performance quality during the assessment.

Flagpole Stretch
Peekaboo Stretch
Beterview Stretch
Swing and Hook (aka Catch Spin)
Pirouette

Swivel Step
Money Pick-up
Diva Slide
Step-Turn-Step

In-studio Exams: In small groups, you will demonstrate the compulsory moves one by one, while the instructor and judges assesses your performance. You may be asked to repeat moves multiple times on both sides.

Online Exams: Submit a video of yourself demonstrating the above moves one by one. Name each move or combination before executing. Please repeat these moves multiple times on both sides.

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, as well as other dance moves and floor work. The instruction will be fast-paced, but you will be able to rehearse the routine multiple time during instruction.

In small groups, you will perform the routine while judges assesses your performance. You will be expected to smoothly transition and perform each move with proper form. You are not being tested on memorization; the instructor will demonstrate and 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, as well as 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. 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; you may play the instructor's video and follow along while performing.

Part III – Assessment

Proper technique and performance quality are important to your assessment. If you do not pass, three classes will be added to your account; please work on perfecting your moves and try again!

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

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