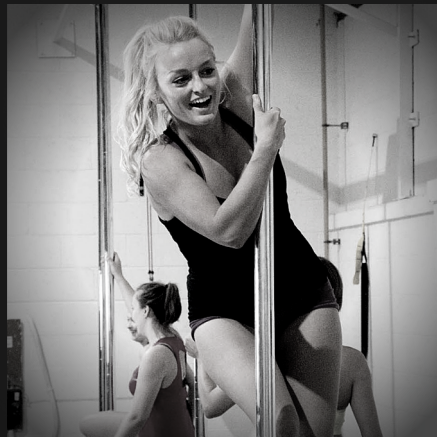


# A Guide To Beginner's Pole Dancing



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# Your First Class

Your first class is always going to be a mixture of excitement and nerves. Just about everyone that starts pole has the same reservations:

- oh God I have to wear shorts
- I bet everyone is really good
- I am not very coordinated what if I look a tit!
- I am so self-conscious, what if I don't like it and want to escape

And then you walk in the door and everyone is really welcoming and supportive and you forget what it was you were worried about. Everyone works at their own level and helps each other out. Everyone is in shorts and so suddenly it's just not a big deal. Everyone was once a beginner so completely understands how you feel and will go out of their way to make you feel comfortable. The chances are you are about to start something that you will fall in love with - it all starts here, with some basic spins that set the foundation for everything else you want to do instantly because you just caught the pole bug!

# Basic Spins

## Front Hook



## Backward Hook





# Basic Spins

## Firelady



## Chair Spin





# Basic Spins

## Sun Wheel



## Carousel





# Basic Spins

## Cradle



## Fireman





# Basic Climb

Some struggle with the climb. It is a matter of practice and just giving your legs time to get used to the contact with the pole. It is a little ouchy in other words but that will soon go.





# Static Moves

## Pole Sit



## Crucifix



# Static Moves

## Plank / Lay Back



## Flatline Gemini





# Basic Invert

Possibly the biggest bug bare of the newbie - the invert. Essentially you need enough upper body and arm strength to lift and tilt your weight backwards until you are upside down. It opens up the whole exciting world of upside down pole but it can take months to master. Don't be disheartened we have all been there. Strengthen your core, back and arms by practicing your spins and invert until you finally nail it. It is as much to do with technique and firing the right muscles as it is strength - you are teaching your body to do something entirely alien to it. Heather is demonstrating the chopper with legs apart - where eventually you will end up :-)





# The Pole Community

By now you have probably realised that the pole community is a little bit different to others. They are quite close nit and supportive because they have had to fight to be taken seriously. There is a real bond between polers who have found confidence, strength and self-esteem from pole which has empowered them and inspired them to involve others in the dance, sport and performance art.

Pole is a mixture of athletes, dancers, fitness enthusiasts and people who just wanted to try something different. It embraces all body shapes and sizes and turns shorts fearing individuals into proud pole dance performers. There is something very exhilarating about it no matter what aspect you decide to focus on. If you want to be sexy and sensuous then you can be, if you want to flow and roll between challenging combinations then you can do that to. Of course you can also strip it back to the sport and practice power moves and conditioning exercises that shred weight and chisel an athletic body.

There is no judgement, no discrimination and no one size fits all in pole. Everyone is free to be themselves and make pole something personal to them. Make the most of all the studios and communities at your disposal and most of all - have fun!

# Struggles

Here are some things that can hinder any beginner's progress that we come across sometimes, but not always:

**Weak wrists** - The more pole you do the stronger they get but sometimes if you have an office job or a manual job during the day then a wrist support can help in the early days with preventing any issues developing.

**Loss of Confidence** - It is often at the point that students reach the invert. They become frustrated because they are not strong enough and talk themselves out of it when they really already are strong enough. Don't let it get to you. Just ask the instructor for strength moves to help and know that everyone gets it eventually - it just takes time and you really are not alone.

**Fear Factor** - Some of the upside down moves are challenging because they scare the crap out of you. The first time you let go of the pole and trust your legs for instance. Trust the instructors - they know what they are doing and work up to it gradually. You will let go when you feel safe and that should not and cannot be rushed.

# Enjoy!

I would love to say that there is only one rule in pole dancing and that is: enjoy yourself!

Bust alas there are a few others which your instructors will be all over.

1. Point your toes - you will hear this incessantly at the beginning until you admit to yourself and remember once you are not simply clinging onto the pole for dear life - that it does in fact look better!
2. Warm up properly and cool down/stretch properly otherwise you will without any doubt get injured. Pole is intensive endurance based exercise so your body needs to be prepared properly for it.
3. Nail your basics before trying those more advanced moves. The basics are there for a reason. They teach your body how to hold itself and dismount properly so that you can execute the intermediate and advanced moves - don't run before you can walk.
4. OK finally - have fun. If you are not enjoying it because of one move then leave it for a bit and come back to it. It's not a competition - your only challenger is yourself - so cut yourself some slack!



# Thank you!

Thanks for reading and the very best of luck in your poling endeavors.

Any questions - feel free to fire away:

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