



BEGINNER CORE SYLLABUS



This is our core syllabus, and there are many other tricks at this level! These are what OU Pole recommends mastering before progressing to the next level, but please ask our instructors if you're not sure.



Basic Walk

- Left Side
- Right Side



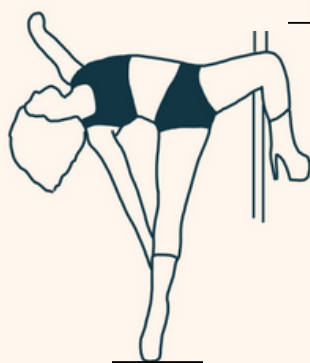
Step Around

- Left Side
- Right Side



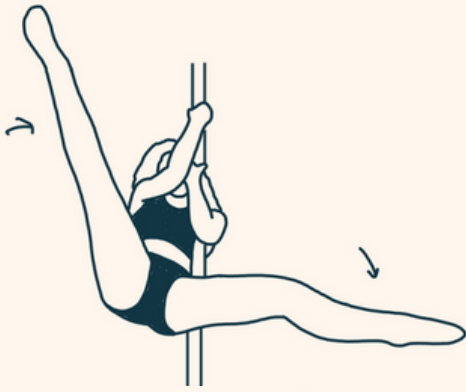
Pirouette

- Left Side
- Right Side



Ballerina Pose

- Left Side
- Right Side



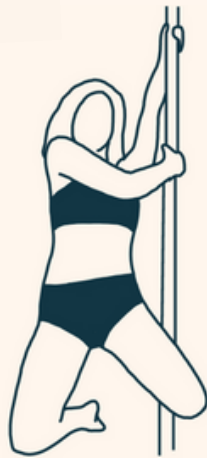
Cartwheel

- Left Side
- Right Side



Cross Legged Fireman Spin

- Left Side
- Right Side



Front Hook

- Left Side
- Right Side



Back Hook

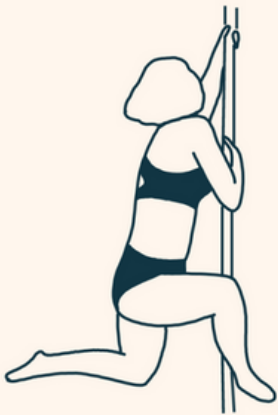
- Left Side
- Right Side



Basic Cross Legged Sit

Left Side

Right Side



Attitude Spin

Left Side

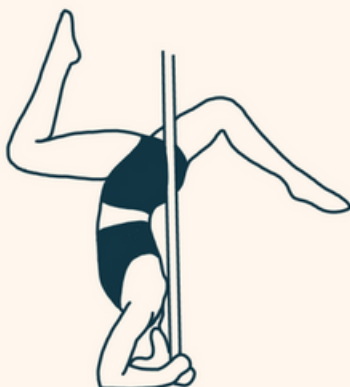
Right Side



Chair Spin

Left Side

Right Side



Forearm Stand

Left Side

Right Side



Basic Climb

- Left Side
- Right Side



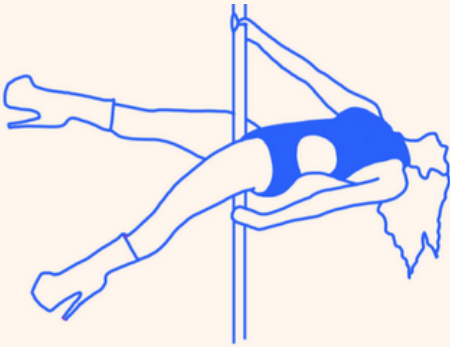
Forearm Climb

- Left Side
- Right Side

BEGINNER EXTRAS

The following tricks are not in our beginner core syllabus, but are other common beginner tricks to tick off once you've learned them in class.

Mastery of these tricks is NOT required for progression to Improver level.



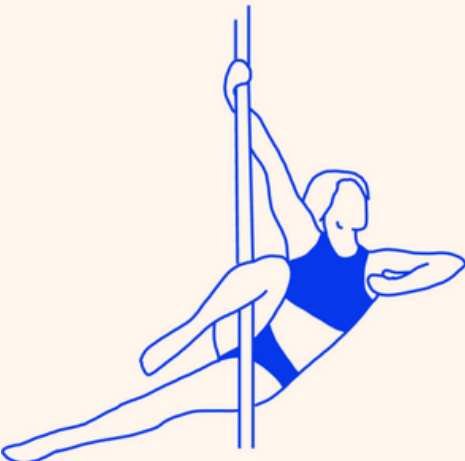
Scissor Sit

- Left Side
- Right Side



Martini

- Left Side
- Right Side



Side Spin

- Left Side
- Right Side
