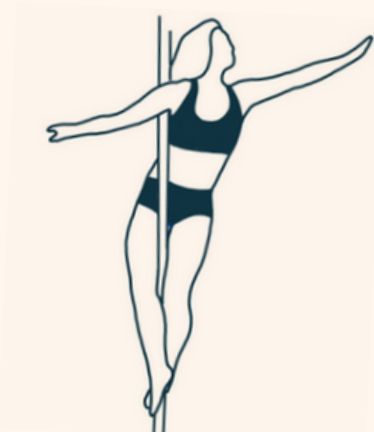




IMPROVER CORE SYLLABUS



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.



Crucifix

Left Side

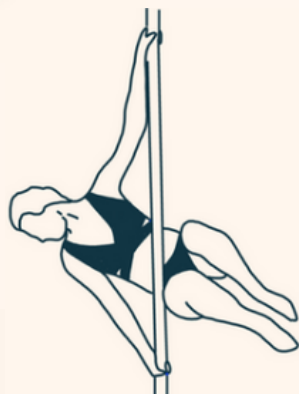
Right Side



Ball Sit

Left Side

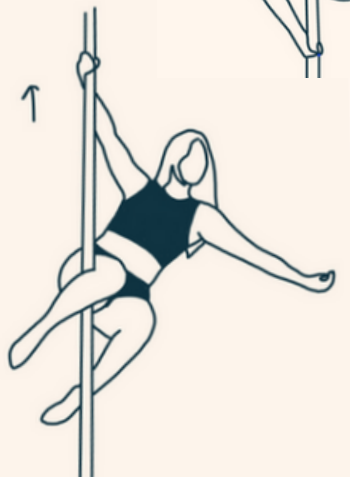
Right Side



Cradle spin

Left Side

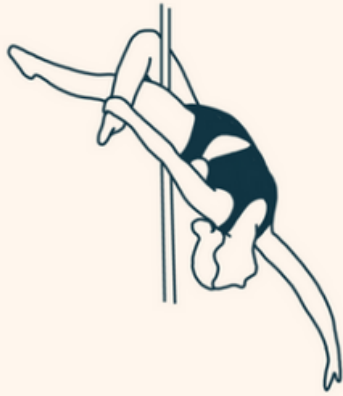
Right Side



Side Climb

Left Side

Right Side



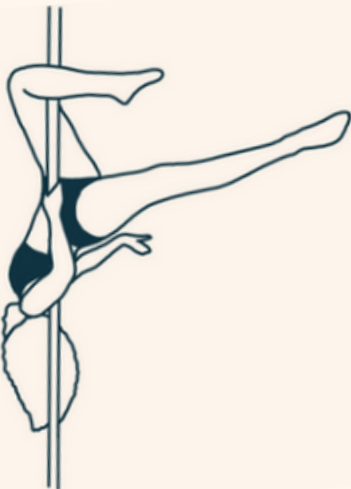
Cross Knee Release

- Left Side _____
- Right Side _____



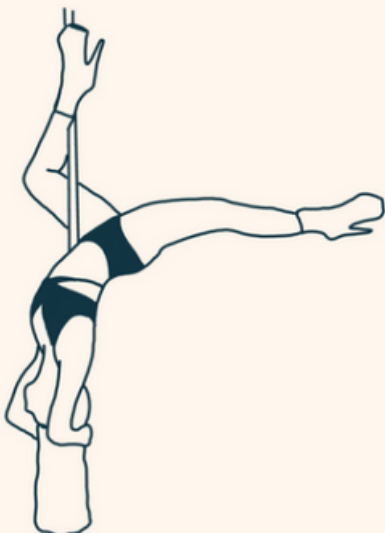
Basic Invert

- Left Side _____
- Right Side _____



Gemini / Outside Leg Hang

- Left Side _____
- Right Side _____



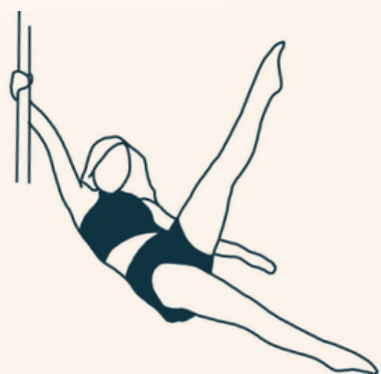
Scorpio / Inside Leg Hang

- Left Side _____
- Right Side _____



Belly Slide Dismount

- Left Side _____
- Right Side _____



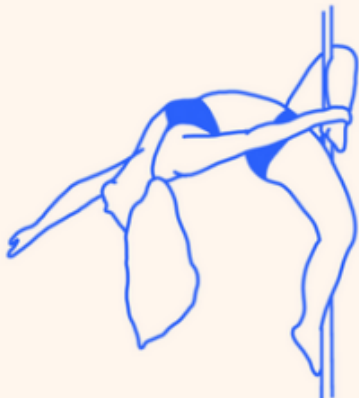
Reverse Grab Preparation

- Left Side _____
- Right Side _____

IMPROVER EXTRAS

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

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



Stargazer

Left Side

Right Side



Figurehead

Left Side

Right Side



Embrace

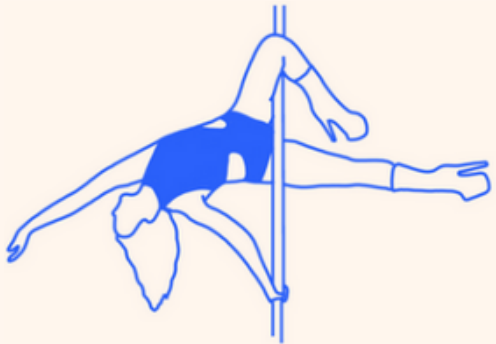
Left Side

Right Side



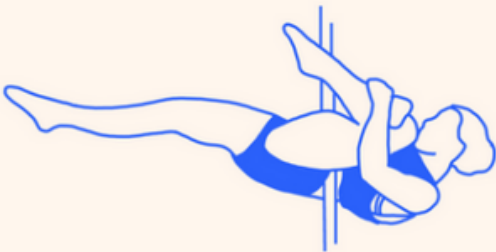
Teddy

- Left Side
- Right Side



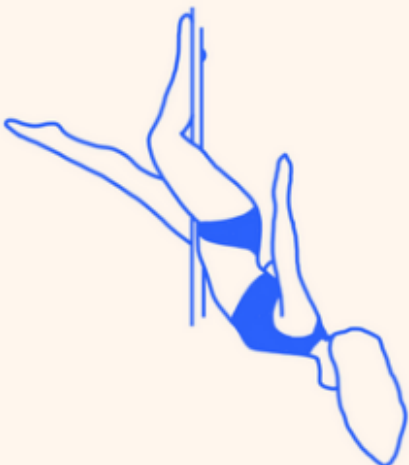
Jasmine

- Left Side
- Right Side



Duchess

- Left Side
- Right Side



Thigh Hold / Goldrush

- Left Side
- Right Side
