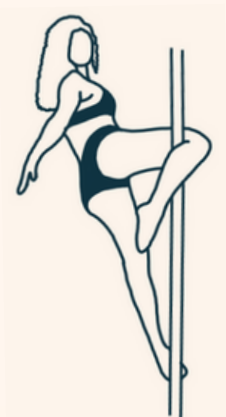




INTERMEDIATE CORE SYLLABUS



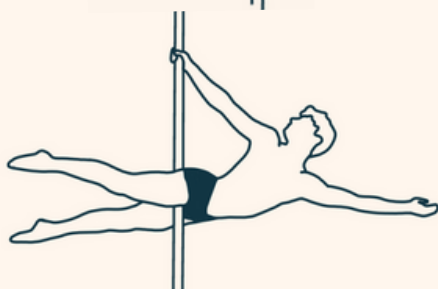
This is our core syllabus, and there are many other tricks at this level! These are what OU Pole recommends mastering before progressing to the next level, but please ask our instructors if you're not sure.



Cupid

Left Side

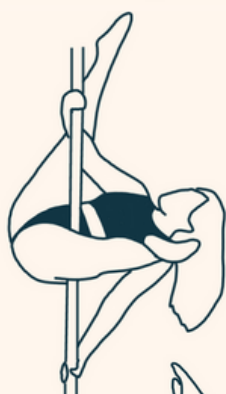
Right Side



Superman

Left Side

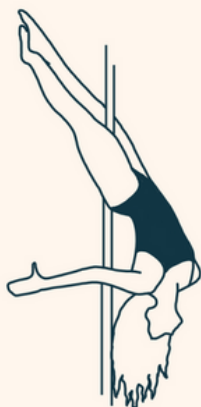
Right Side



Jamilla

Left Side

Right Side



Cross Ankle Release

Left Side

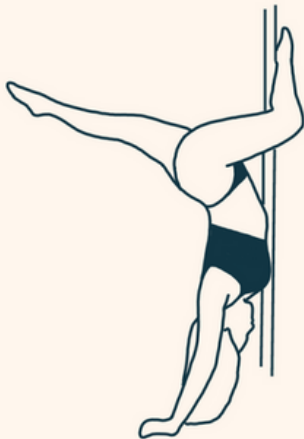
Right Side



Bow and Arrow

Left Side

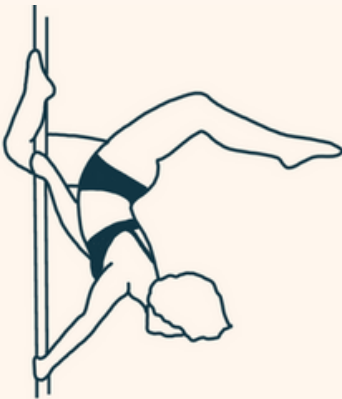
Right Side



Handstand Butterfly

Left Side

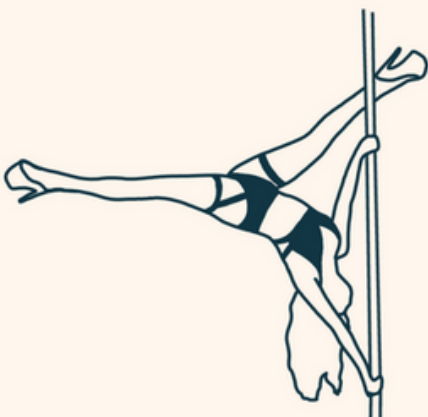
Right Side



Butterfly

Left Side

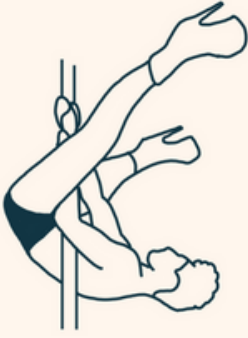
Right Side



Extended Butterfly

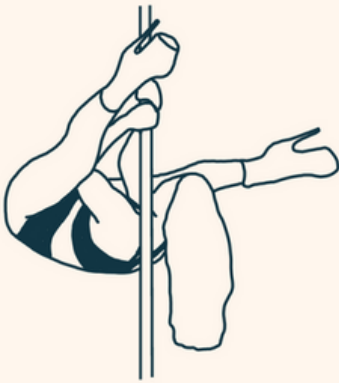
Left Side

Right Side



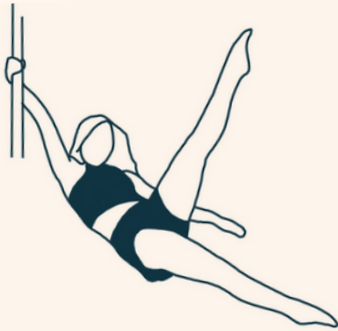
Aerial Invert

- Left Side
- Right Side



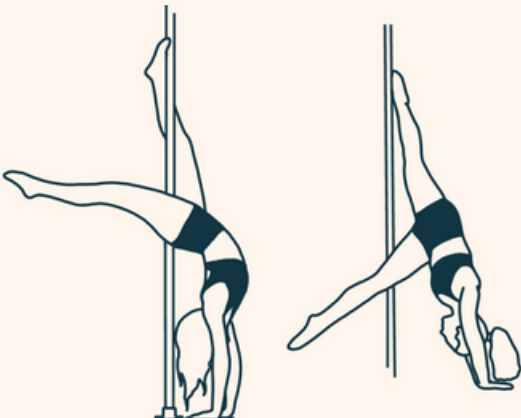
Shoulder Mount

- Left Side
- Right Side



Reverse Grab

- Left Side
- Right Side



Handstand Dismount

- Left Side
- Right Side
