

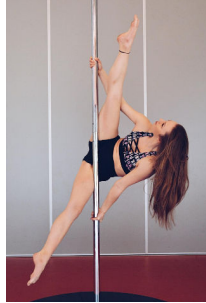
Pole dance level 2



Tricks



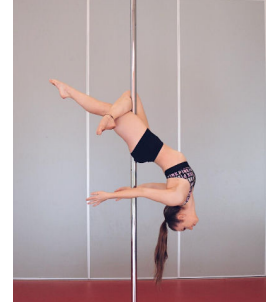
Scissors seat / superman sit



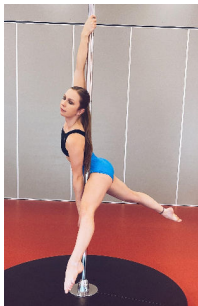
Star



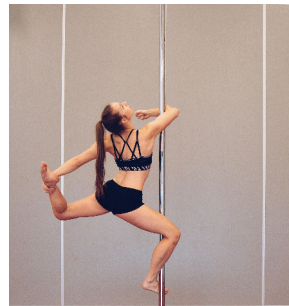
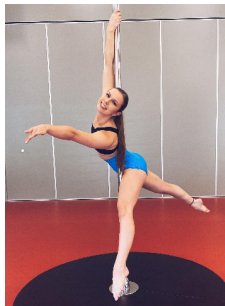
Jasmine



Leanback / Layback



Floating ballerina



Skater (elbow hold)



Martini extended



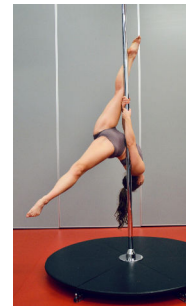
Devile / Wrist seat variation



Toothbrush



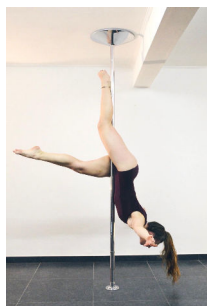
Stargazer



Butterfly invert



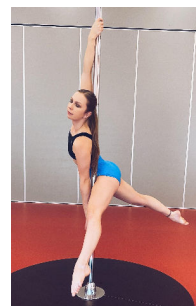
Elbow hold split



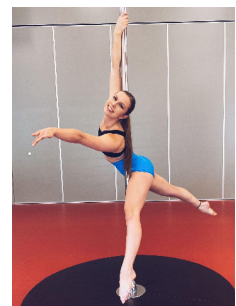
Dolphin



Dolphin push up

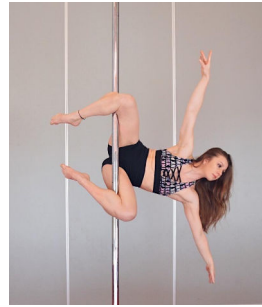


Floating ballerina





Frog / Genie variation



Genie no hands



Froggy K



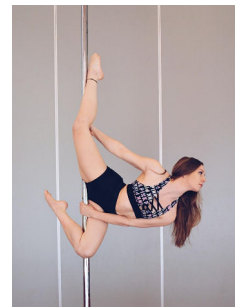
Side machine gun / Side saddle gun



Unicorn



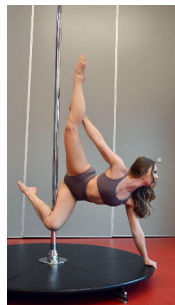
Side superman / Superwoman / Butthold superman



Russian Fish



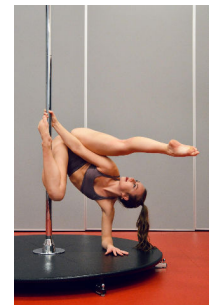
Side superman handstand attitude



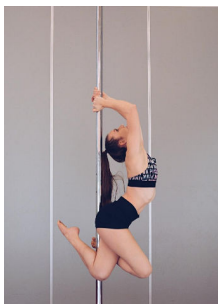
Side superman handstand split



Garbage grinder



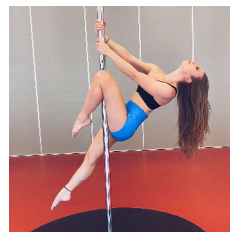
Elbow handstand variation



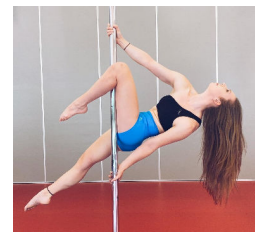
Seahorse



Seahorse variations

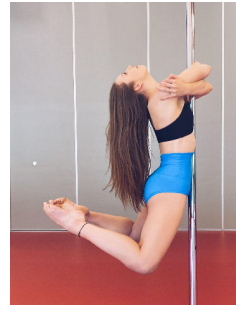


Side hang

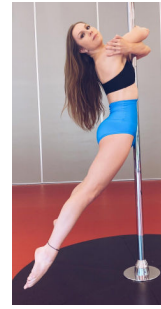




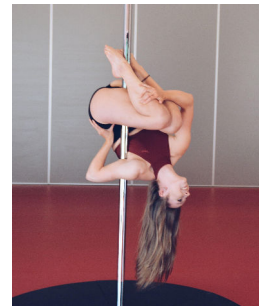
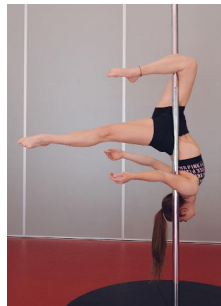
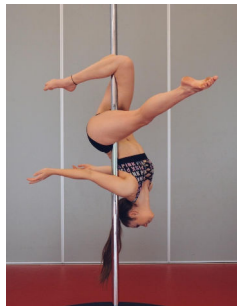
Side side



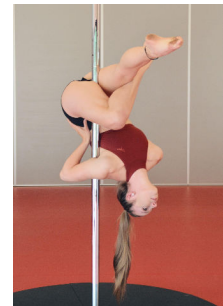
Embrace



Outside leg hang / Gemini



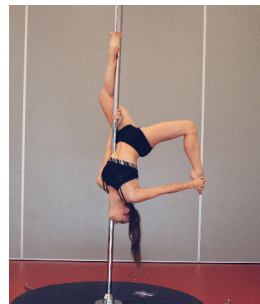
Hip hold bomb



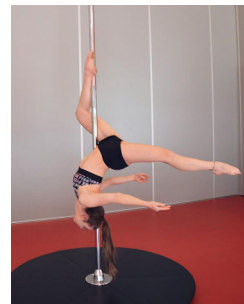
Hip hold tuck



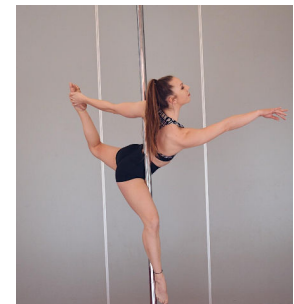
Flatline



Inside leg hang variation /
Angel



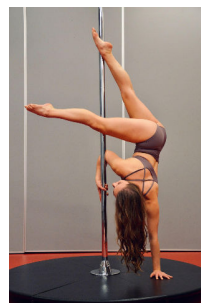
Inside leg hang



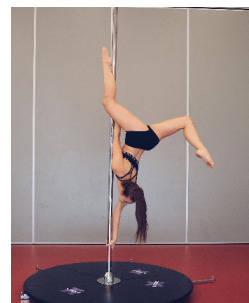
Swan



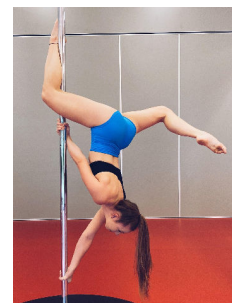
Russian butterfly
handstand



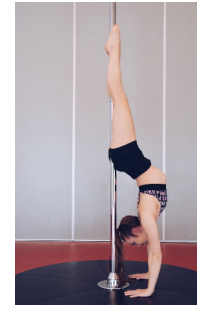
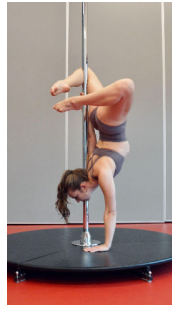
Russian Butterfly
handstand variation /
Scissors handstand



Butterfly



Twisted butterfly



One arm handstand / Variations

Monkey handstand

Handstand



Handstand variation



Shoulder handstand



Shoulder handstand split



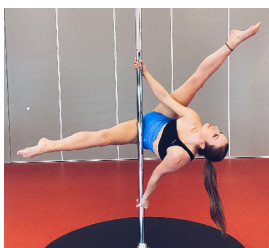
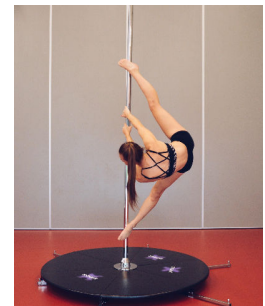
Tail split



Tail



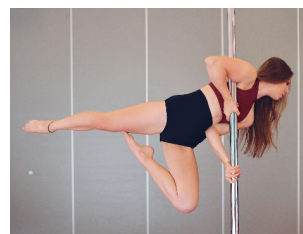
Reiko kick-up / Reiko invert



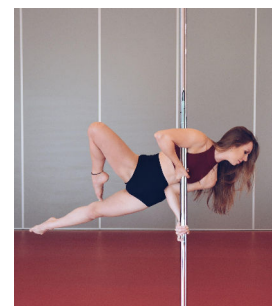
Jamilla



Jamilla one hand



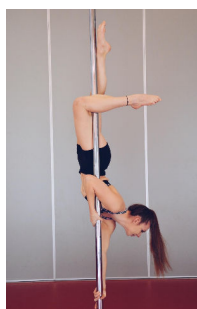
Half flag



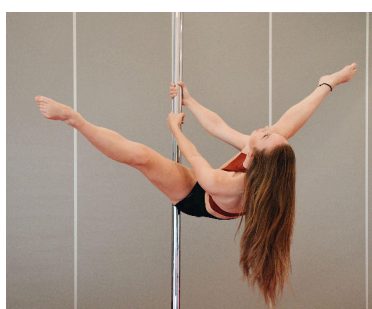
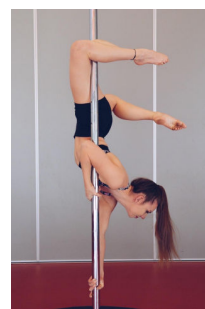
Half flag variation



Funny grip into monkey



Monkey



Violatar

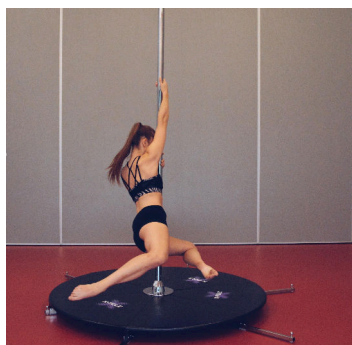


Shoulder dismount /
Shoulder mount twisted grip

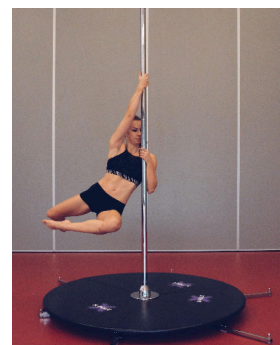
Spins



Forward



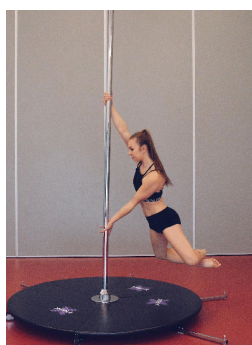
Backward - 1 /
Reverse attitude



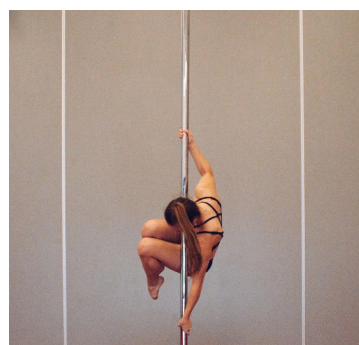
Backward - 2 /
Reversed attitude



Attitude



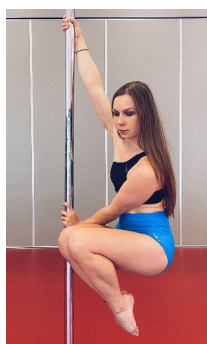
Carousel / Frog



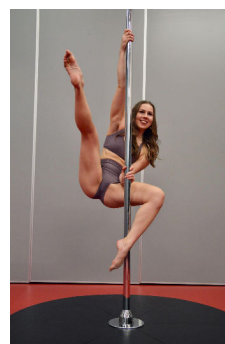
Cradle wide grip



Kiss / Side



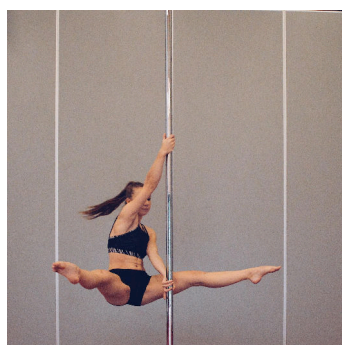
Back chair



Fireman leg up



Helen



Boomerang