

Name: _____

Move Sheet Independent Training Level 1

Print this as a reference for mentor-training. It's in no way compulsory to fill in this sheet, but it can be a handy tool and overview of the progress you made.



Move name	Learnt on
Pole step	
Knee turn	
Back hook spin	
Windmill/Fankick	
Chair spin	
Basic kate	
Pole climb	
Sit in pole	
Invert straddle (helicopter)	
Basic invert – no hands	
Inside leg hang	
Outside leg hang	

If you can do these and moves from previous levels **and** you get permission of Sabrina, you are allowed to train independent with 3 people or more. Please inform the board if you obtained your permission from Sabrina and changed your level.

Name: _____



Move Sheet Independent Training Level 2

Print this as a reference for training. It's in no way compulsory to fill in this sheet, but it can be a handy tool and overview of the progress you made. **You must be able to hold every move for at least 3 seconds and get out safely.**

Move name	Learnt on
Lay back	
Pencil	
Shouldermount	
Hiphold/Jade	
Handspring	
Superman	
Handstand variation	
Brass monkey	

If you can do these and moves from previous levels **and** you get permission of Sabrina, you are allowed to train independent with 2 people or more. Please inform the board if you obtained your permission from Sabrina and changed your level. Let Sabrina sign this document and hand it to the board. We still encourage you though to always try to find 2 other people to train with, because it's safer.

Date: _____

Signature Sabrina: