

Self post class Test

Testing yourself against yourself! Rating your actual performance in Dance... before you beat yourself to death with negatives!

This moving called DANCING, is about learning "performance mode". It's sorta like practicing for the spelling B at age 7. How we look at the concept of performance mode from the start is IMPORTANT.

Here are the tasks you completed in the performance MODE how did you ACTUALLY DO? We are sure no one ever FAILS in pole class!!! If you aren't sure what performance and learning mode are, check out the Blog post on Learning or what happens in class!

Poler words:

Prompts/cues: WORD cues - "capt morgan now knee spin..no stand..", or movement with the beats, or words of the music

Parts/sections:-pole moves/dance moves are taught in parts a beginning a middle, maybe 2-3 and an ending

Pose: -A shape your body makes on the floor or on the pole

Combo- s "part" of a dance sequence, when strung together makes a choreography or dance routine.

Tricks - an acrobatic move on the pole or floor (a shoulder roll or stand is a trick!)

We recommend you make copies, save them - this is YOUR journey record! Over time you will SEE your progress!

Rate yourself against YOURSELF. Circle what applies

After class check

Weekly Check in

1. How many dance moves did you actually GET using the instructor as a prompt?! Not what you remember! What you did! You might have to

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think of it this way: I was fine until about 20 minutes in, then "I just
"couldn't"

2. What did you seem to follow easiest? The visual of the instructor, the music beat, the words, the cues she yelled out? There are usually 2 as a beginner?
3. Did the position of the pole hinder what I could see? Do I need to change it up? Maybe get right behind her, to the left of her, to the right of her?
4. Was I on a different pole metal or size? did it make a difference
5. Was I in bare-foot or what type of shoes?
6. Did I need grip aide? How much? what kind?
7. DID you ASK for a move to be spotted?
8. Did you go get 3 mats?
9. Where you afraid to shift forward into a spin or backward or both
10. Did you worry about a hand or knee grip?
11. Did you ask for help? During or after class?
12. Was I sweaty? Where?

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13.How many parts/sections of the dance usually (3-5) did you remember?

14.Did you have more fun any one part and why? "I liked when the sound said X & we did that hand flick."

15.Did you have a favorite part or where your body moved and you felt divinely YOU? " I loved hair flips at the end"

16.Did you smile somewhere during the class and loosen up or did you fret and feel frumpy?

17.How LONG (breaths or minutes) did you hold each pose? On Static pole? On spin pole?

18.How many trick poses did you attempt and work on?

19.Did you attempt at least a 2-3 part combination?

20.Did you attempt the pose entering and exiting the position in more than one way?

21.Did you ask for an alternative move or suffer through "not getting it"?

22.At the end, as the music sequence stopped, did you attempt to stop the dance doing something uniquely you? A hand gesture, a head bob, a glance at the audience flirt?, a hair flip?

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23. Did you complement at least one other person on a move, their energy or personal style? Before, during or after the class?
24. Did you think or worry about your life stuff DURING the class? How long did that last?
25. Did you save the song the class used, to a play list to check it out later?
26. Did you say something to the instructor? - anything at all
27. Did you make a note somewhere of a move or sequence you wanna practice at home?
28. Did you get someone's contact info or exchange "socials"?
29. Did you hear or ask about any POLE events happening in your area: showcases, competitions, shows to go see, ... and put them on your calendar (you don't HAVE to go!)
30. Are you restricting food, calories, sleep or rest? WHY?

This list is about joining the POLE community as a dancer, whatever your "thing is". Pole sport, floor, chair, seduction. It also works well for privates to keep track of where ya were and where you are going!

Women are VERY hard on themselves. There are a gazillion reasons why, but the common denominator is we are women!

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Supporting each other we have tended to suck at it a few times in our long lives. Supporting ourselves has even been worse!

The Shadow work of Pole Fitness -

A dancer of your chosen type to dance freely, we do "showdown work" what's underneath the fact that ya don't feel free? sensual? beautiful? WHAT is holding on to you in your old ideas about who you are and how you are made?!

This is why dance is an wholistic endeavor of health- because to dance requires ALL of YOU: Mental, emotional, physical and social!!!

Checking your SELF and how you are growing should involve physical health self-check ins but, also in your psychological abilities, emotional coping and feelings.

The more we know ourselves, the more Authentic we become.

The more authentic our body moves.

The more self-confidence surges and the self doubts fade!