

## Aerial Hoop Syllabus



### **Yohanna Harso-Ong**

Top 5 Indonesia Mencari Bakat 2013

Top 25, Women Division International Pole Championship 2012

Winner of Miss Pole Dance Singapore 2011

Performer, Youth Olympic Inaugural & Closing 2010

“You only have **one** body, take good care of it.”

## Beginner

Climb up

Stag Seat

Figure 4

Man in the moon

Cobra

Mermaid

Pike

Birdie Prep

Birdie

Dismount

Layback seat

Hocks Hang

Delilah + hand variation

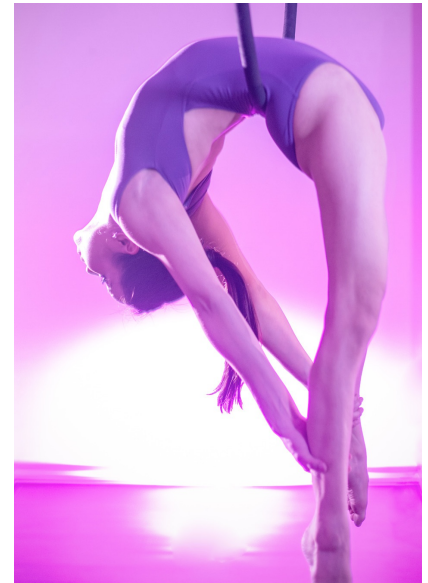
Vine Climb

Arabesque

Straddle mount

High Angel

Secretary seat



### Combo:

Climb up - Stag seat - Man in the moon

Delilah - Delilah (other leg)

Delilah - Vine climb - Birdie

Straddle - Hocks hang

Hocks hang - Stag seat - Layback seat - Dismount

Stag seat - Mermaid

Hocks hang - Mermaid

Stag seat - Figure 4 - Man in the moon

Man in the moon - Secretary Seat

## Intermediate 1

Pike	Mexican
Stag/ split under the bar	Cradle
Pike Seat	Side Star
Crab	Angel
Gazelle + stag leg	Reverse Angel
Star on the bar	Split away
Birdnest	Candlestick
Straddle dismount	Pike dismount
Side bar straddle	Side dismount
Scissor seat	

### Combo:

Delilah to Candlestick  
Delilah - Crescent moon  
Man in the moon - Scissor seat  
Split away - Birdie  
Hocks hang - Birdnest  
Star on the bar - Birdnest  
Angel - Reverse angel  
Split under the bar - Crab  
Split under the bar - Stag split  
Birdie - Side star  
Gazelle - Mermaid  
Side star - Single leg cradle  
Side star - Delilah  
Mermaid - Angel  
Full lay back seat - Star on the bar  
Figure 4 - Gazelle  
Crescent moon - Birdie - Side Star - Delilah

