



VISUAL DICTIONARY

2010 EDITION

# A



Archer Hold



Armpit Hold - Back



Armpit Hold - Fang



Armpit Hold - Front



Armpit Hold - Straddle

# B



Back Hook Spin



Back Slide - Bunny



Back Slide - Side Lunge



Back Slide - Thread the Needle



Back Slide - Wide Leg Squat



Back Spiral



Baseball Grip



Basic Inversion



Bow and Arrow



Brass Monkey



Butterfly



Butterfly - Extended

# C



Carousel - Fang



Carousel - Straddle



Caterpillar Climb



**Claw**  
Hand Position



**Clock Legwork**



**Crescent**



**Cross Ankle Release**



**Cross Knee Release**



Crucifix



Crucifix - Inverted



Crucifix - Inverted (One-Legged)



Cup  
Hand Position

D



Dive Up

# E



Elbow Hold



Elbow Hold - Straddle

# F



Fang  
Leg Variation



Fingers Down  
Hand Position





Fireman



Fireman Pole Climb



Flag - Passe Legs



Flag - Straight Legs



Flag Hold



Flat Line



Forearm Hold



Forearm Stand



Forearm Stand - Bow and Arrow



Frisking the Pole



Front Hook Spin



Full Bracket



Full Bridge



Full Turn Pirouette

# H



Half Bracket



Half Turn Pirouette



Hand Shake

Hand Position



Handspring - Basic Grip



Handspring - Cup Grip



Handspring - Twisted Grip



Handstand



Handstand - Bow and Arrow



Hip Circles



Hip Hold - Split



Hip Hold - Stag



Hollywood



Hook and Roll



Inside Leg Hang



Inverted Strong Hold

# J



Jasmine - Bent Leg



Jasmine - Straight Leg

# K



Knee Bridge

# L



Lay Back



Leg Cross



Low Lift Spin

# M



Martini



# O



Outside Leg Hang



Outside Leg Hang - Hands Free

# P



Passé  
Leg Variation



Passé Down the Pole



**Pencil**  
Leg Variation



**Pencil Hold**



**Pike**  
Leg Variation



**Pike Spin**



**Pin-up Girl - Back**



Pin-up Girl - Side



Push

# R



Reverse Crescent



Reverse Stag Spin



Reverse Superwoman

# S



Shoulder Bridge



Shoulder Mount - Basic Grip



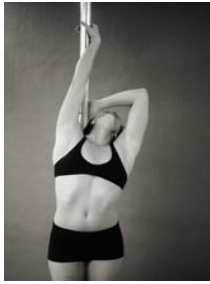
Shoulder Mount - Claw Grip



Shoulder Mount - Flip Grip



Shoulder Mount - Prance



Shoulder Mount - Twisted Grip



Shoulder Mount Inversion



Shoulder Slide



Shoulder Stand



Side Climb



Side Spiral



Sit-up from Inversion



Speed Bump



Split  
Leg Variation



Squat Spin



Stag  
Leg Variation



Stag Spin



Straddle

Legs Position



Strong Hold



Superwoman

# T



Tail Split



The Chair



The Chair - Passe Legs



Tick Tock



True Back Slide



Tuck  
Leg Variation





## Twisted Grip

Hand Variation

# W



## Windmill Legs



## Wrist Seat