



PDC Core Moves: Pole Dancing Fitness Syllabus. Black and White Version.

By Mr Sid Remmer



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PDC Pole Dance Community Core Syllabus

This book is made by pole dancers for pole dancers.

It is the collaborative work of over 300 PDC Approved pole dancing instructors who have submitted their pole dancing tricks, spins and combinations to the constantly evolving PDC Syllabus.

Featuring over 3000 images we hope this will help both students and instructors to understand and breakdown the techniques.

Our members have also added their AKA's so each move has a most commonly used name as well as other names currently in use.

Each move is labelled with its level of difficulty – these levels relate to the PDC pole dancer grading system - the Advancement and Accreditation Program.

Details of the scheme and how to join in can be found at the back of this book.

The PDC Syllabus was not primarily designed as a teaching aid, rather it is a resource to help the development of pole dance grading and to provide a reference point for names and the classification of moves.

We hope you will find this book useful to chart your pole dancing progress, ticking off moves you have successfully achieved and making notes about moves that need further development.

We wish you every success with your pole dancing progression.

This is the black and white version. A color version is also available [ISBN 978-0-9571678-8-9]

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