Les figures de pole dance par niveau

231 figures, du débutant à l'élite, par Vincent Regnault, champion du monde POSA 2024

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Coche les figures que tu maîtrises. Chaque nom est un lien vers sa fiche sur vincentregnault.fr : prérequis, prises, erreurs fréquentes et conseils.

En vert : figure avec un tutoriel vidéo gratuit sur le site.

Débutant · 30 figures

- ☐ **Albatros**
- ☐ **Baby snake**
- ☐ **Butterfly**
- ☐ **Cross knee release**
- ☐ **Figure head**
- ☐ **Front & back attitudes**
- ☐ **Helloboy**
- ☐ **Inverted V**
- ☐ **Juliette spin**
- ☐ **Martini**
- ☐ Rockstar spin
- ☐ **Secretary**
- ☐ **Skater**
- ☐ **Stargazer**
- ☐ **Superman**
- ☐ **Améliorer ses push ups**
- ☐ **Brass seat**
- ☐ **Corkscrew**
- ☐ **Fan kick**
- ☐ **Floor plank**
- ☐ **Genie**
- ☐ **Hollywood spin**
- ☐ **Jujuba doll**
- ☐ **Knee spin**
- ☐ **Petit plume**
- ☐ **Seat & layout**
- ☐ **Side spin**
- ☐ **Snowflake**
- ☐ **Step around**
- ☐ **Teddy**

Intermédiaire · 78 figures

- ☐ 90° Headstand/Handstand
- ☐ Archea split
- ☐ Artemis
- ☐ Ballerina
- ☐ Batman handstand/forearmstand
- ☐ Brass flip
- ☐ Broken bird
- ☐ Butterfly extended
- ☐ Casting
- ☐ Chopstick
- ☐ Closed no handed butterfly
- ☐ Cupid
- ☐ Diva split
- ☐ Duchesse
- ☐ Alex's arabesque
- ☐ Armpit chopstick
- ☐ Baby Valentine
- ☐ Batman
- ☐ Brass bridge
- ☐ Brass monkey from floor
- ☐ Broken doll
- ☐ Butterfly to brass monkey
- ☐ Chichi spin
- ☐ Chopstick and back bend split in funny grip
- ☐ Contortion twisted star
- ☐ Dislocator reverse grab
- ☐ Dragon fish
- ☐ Dynamic jump into static spin

Intermédiaire (suite)

- [ ] Elbow arabesque
- [ ] Elbow grip pin up
- [ ] Elbow stand
- [ ] Eros
- [ ] Floor jade
- [ ] Front walkover
- [ ] Gargoyle
- [ ] Gazelle
- [ ] Grand jeté kick up
- [ ] Handstand chiropractor
- [ ] Handstand on pole
- [ ] Helix
- [ ] Holy Drop
- [ ] Iguana
- [ ] Inside sortie dynamique
- [ ] Inside to Superman
- [ ] Inside/scorpio
- [ ] Inverted T
- [ ] Jade
- [ ] Jallegra
- [ ] Jamilla
- [ ] Jamilla vers butterfly
- [ ] Knee swing
- [ ] Legs flare conditioning
- [ ] Legs flare static
- [ ] Legs helicopter
- [ ] Meathook
- [ ] Oona spin
- [ ] Outside-Gemini
- [ ] Peter Pan
- [ ] Pike
- [ ] Power static spin elan
- [ ] Reverse twisted leg hang
- [ ] Rolling bridge on pole
- [ ] Sexy flexy & python
- [ ] Shoulder mount
- [ ] Shoulder to brass monkey
- [ ] Static rotation vers back V
- [ ] Superman Anastasia
- [ ] Swoosh
- [ ] Table top
- [ ] Tabletop split
- [ ] Tulip & Keem
- [ ] Twisted genie
- [ ] Twisted Jasmine
- [ ] Twisted scorpio
- [ ] Viva flip
- [ ] Viva standing split
- [ ] Yogini
- [ ] Zig zag handstand

Inter-avancé · 45 figures

- [ ] Allegra
- [ ] Arbinger elbow split
- [ ] Armpit arabesque
- [ ] Ayesha
- [ ] Batwing
- [ ] Biceps grip flip
- [ ] Bradypus
- [ ] Casting brachial
- [ ] Choker jade
- [ ] Cocoon
- [ ] Cup grip vers reverse grab
- [ ] Dangerous bird
- [ ] Double reverse grab
- [ ] Dragon tail
- [ ] Drop split to seat
- [ ] Elbow devil split
- [ ] Flow handstand Dan aerial
- [ ] Football grip
- [ ] Gazelle split
- [ ] Harder variation cup
- [ ] Inverted libellula
- [ ] Jade variation avancé

Inter-avancé (suite)

- [ ] Janeiro
- [ ] Libellula
- [ ] Meathook split
- [ ] Ninja jump
- [ ] Pegasus
- [ ] Reiko to brass hook on static pole
- [ ] Screw
- [ ] Shoulder roll
- [ ] Side dynamic exit
- [ ] Sneaky V
- [ ] Static spin with legs thread
- [ ] Twisted butterfly
- [ ] Legs thread to Sneaky V
- [ ] Machine gun
- [ ] Montée 3 mains
- [ ] Original entry into Lady garden
- [ ] Pole cartwheel on floor
- [ ] Reverse grab front flip
- [ ] Serpentine
- [ ] Shoulder split
- [ ] Snapdragon split
- [ ] Static spin to iguana
- [ ] Tangled split

Avancé · 63 figures

- [ ] Aerial cartwheel
- [ ] Ayesha flip
- [ ] Broken split
- [ ] Casting strong grip flip
- [ ] Casting to true grip handspring
- [ ] Cesar static spin
- [ ] Cocaine split
- [ ] Colibri
- [ ] Cup grip spin into twisted Marion Amber
- [ ] Cup handstand, flag rotation
- [ ] Double knot
- [ ] Dynamic iguana entry
- [ ] Elbow Split & Back bend
- [ ] Entrée original en marion amber
- [ ] Fly by Yorge
- [ ] Flying K
- [ ] Fonji
- [ ] Forearmstand Ayesha
- [ ] Full moon
- [ ] Handspring - Dead way
- [ ] Heidi straddle & Spatchcock variation
- [ ] Kamikazi
- [ ] Marion amber
- [ ] Moony
- [ ] Artamonova
- [ ] Biceps grip flip on pole
- [ ] Cartwheel True Grip
- [ ] Casting to shoulder regrip
- [ ] Caterpillar
- [ ] Chest press
- [ ] Coco flip
- [ ] Combo pegasus et variations
- [ ] Cup grip spin to elite split
- [ ] Delta spin
- [ ] Dynamic combo from Yvonne
- [ ] Eagle
- [ ] Elite split
- [ ] Flag grip walkover
- [ ] Fly-by
- [ ] Földesi split
- [ ] Fonji variation spin
- [ ] Front to back kick
- [ ] Funny grip cartwheel variation
- [ ] Handstand regrip pegasus
- [ ] Helicopter flip-out
- [ ] Lux
- [ ] Marlo split
- [ ] Pole flip strong grip

Avancé (suite)

- [ ] Poryadnov spin
- [ ] Princess grip to TG handspring
- [ ] Regrip Tg vers pegasus grip
- [ ] Regrips
- [ ] Russian split
- [ ] Serra flip
- [ ] Shark
- [ ] Sova split
- [ ] Split templo de afrodita
- [ ] Static spin to shoulder mount
- [ ] True grip phoenix
- [ ] Twisted Marion amber
- [ ] Twisted sister
- [ ] Vrille signature
- [ ] Vrille tg grip to true grip

Élite · 15 figures

- [ ] Aerial ayesha flip
- [ ] Back ayesha to back flag
- [ ] Chinese pole cartwheel
- [ ] Double deadlift
- [ ] Flying gainer
- [ ] Iguana drop fish flop
- [ ] Phoenix funny grip
- [ ] Politov drop
- [ ] Purple split
- [ ] Reiko to split to flip
- [ ] Russian split to cup grip ayesha
- [ ] Russian split to reiko split
- [ ] Shoulder gainer
- [ ] Sova split to ayesha
- [ ] Static spin vers Elite split

Apprends ces figures en vidéo

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