

Vertical Dance
Pioneers in pole fitness



Online Training
Intermediate

web www.verticaldance.com
email info@verticaldance.com

phone +44 (0) 7796 906 256
skype KTCOATES1



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Vertical Dance Pole Instructor Training - Intermediate



The intermediate pole instructor training is the next step in building on your teaching skills. It is important to KT that Vertical Dance produces the highest level of instructors. Therefore our prerequisite to the intermediate training is that you must have taken the beginner training and be able to invert and perform a number of intermediate moves (listed below) before attending the course. If you have not done so already please read the beginner information for an over view of KT Coates, Vertical Dance and the course.

Vertical Dance is the creation of KT Coates. Her vision has been to take the fitness and performance elements of pole dance and create a structured exercise format.

Vertical Dance was the first pole school in the world to do pole purely for fitness over ten years ago. KT had seen schools opening using heels and feather bowers marketing themselves towards the more adult market. She decided that pole never made her feel sexy but it she loved how it improved her body, agility, confidence and over all fitness in such a fun and challenging way. So she started the first school in a gym, wearing bare feet and sports clothing. This idea has now been replicated thousands of times all over the world.

KT went on to write and create the world's first instructor training programme to increase the standards of best practice for pole around the world. Vertical Dance is now the leader in recognised instructor training worldwide and has the only globally recognised certification and online instruction program. The course is taught by KT Coates who has gained over 16 years of pole experience, over 10 fitness qualifications and is the President of the International Pole sports Federation and the winner of the IPDFA contribution to the pole industry award.

Our online program has been created for anyone who wishes to teach pole fitness but is unable to attend a face to face course. Whether you pole for fun or you have been teaching pole fitness for years. The course is suitable for those with intermediate pole skills. We give you all the knowledge required to make you the best and safest instructor you can be.



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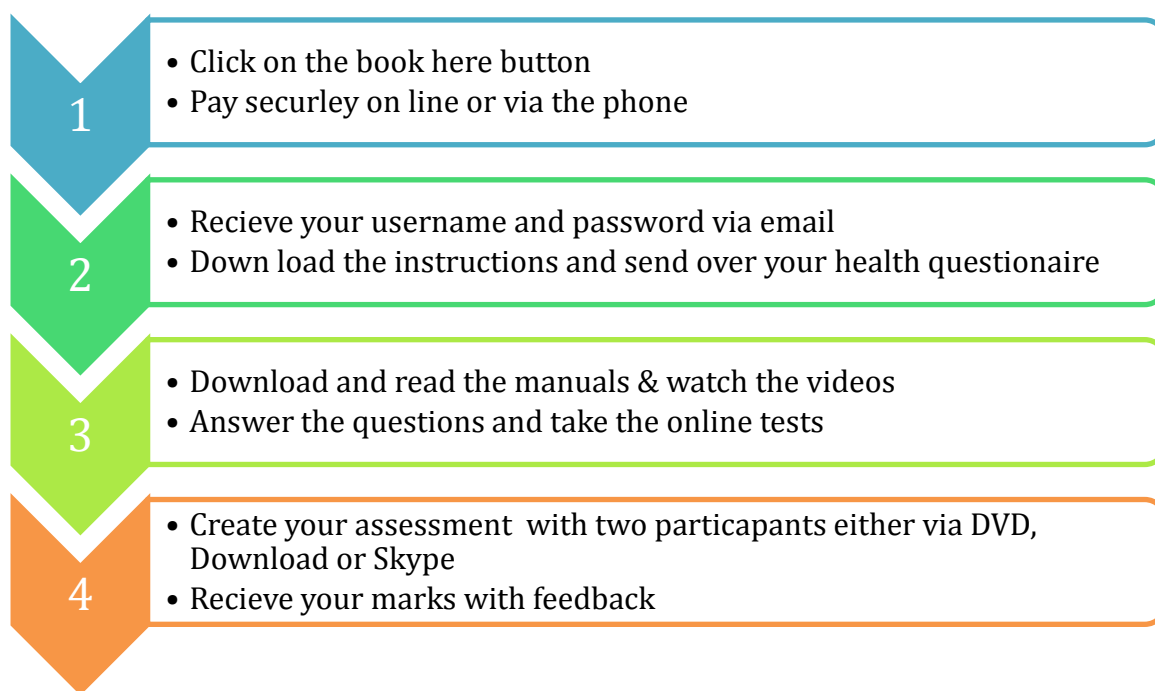


Why learn on line?

With lives becoming increasingly hectic you may feel like you don't have the time to learn. However, learning online has changed the way we educate ourselves. You can now gain access to the best instructor training program without having to travel thousands of miles to take part in a face to face course. You save on travel, accommodation, child care and best of all you can work at your own pace.

How does it work?

Training online has never been easier. You can start right away; there is no waiting around for work to arrive in the post... You must have completed your beginner course prior to attending the intermediate course.



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What is the prerequisite to the Intermediate course?











- ✓ You must have taken the beginner Vertical Dance course either face to face or online
- ✓ You must be at an intermediate level.
- ✓ You must be able to complete 80% of the intermediate move listed below

Beginner Pole Instructor Course Content

The course is the most in depth on the market and the only certification course that is online.

	Intermediate Health and safety
	Injury Prevention
	Spotting and Falling techniques
	Intermediate Pole Techniques
	Intermediate Instruction techniques
	Chorography and combinations
	Strength training
	Dead lifting techniques
	Creating your own business
	Over 50 Video clip instructions
	Homes study to including manual and workbooks
	Online test and assessments

What moves will I need to know?

	Basic Inverts
	Intermediate hooks and holds (inverted and upright)
	Head and handstands (optional)
	Shoulder mounts
	Basic superman
	Butterflies and caterpillars
	An upright drop
	Aerial invert (you may be working towards this)
	Dismounts
	Intermediate spins

What will having this certification enable me to do?

- ✓ To instruct a structured intermediate pole fitness class.
- ✓ To be a safe instructor when teaching inverts
- ✓ To safely spot a participant



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- ✓ To Prevent injury
- ✓ Understand how to create combinations with momentum; grace and flow
- ✓ Understand the health and safety aspects of instructing pole fitness.
- ✓ Understand which muscles are being used when performing moves
- ✓ To build strength and flexibility.
- ✓ To qualify for insurance.
- ✓ To qualify for Pole Dance Community Membership.
- ✓ To hold a recognised international pole instructing certification

Who endorses this Certification?









In order to receive points or credits from the above you are required to be a member of the relevant governing body. This is not compulsory in order to become an instructor

	IPSF – International Pole Sports Federation
	PSUK – Pole Sports UK
	ACE – American Council on Exercise
	AFAA – Aerobics and Fitness Association of America
	CANFITPRO – Canadian Fitness Professionals (petition for credits)
	REPS – Register of Exercise Professionals
	Fitness Australia
	PFA – Pole Fitness Association
	IPDFA – International Pole Dance Fitness Association
	PDC – Pole Dance Community

Is this course internationally recognised?

KT has taught over 1000 instructors worldwide. Her courses are accepted proof of training around the world. If you are a member of a fitness organisation that is not listed above please contact KT to organise petitioning for credits on your behalf.

What will I receive?

	Username and password to the secure site
	No time limit or extra payments
	Workbook and Manual
	Personal feedback from KT Coates
	Certificate of completion
	CPD points if you are a member a fitness governing body
	Qualification to become a member of the IPSF PSUK PDC
	Moves, tricks and choreography



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Ongoing help and further discounts on courses

How do I enrol in a course or host a program?

You can visit www.verticaldance.com to sign up online

Can I pay in instalments?

Yes you can. You can pay as little or as much as you want when you want. Full payment must be received prior to gaining access to the course.

Intermediate course and advanced courses

These courses can only be booked by those who have taken the beginner or intermediate instructor courses. For more information regarding these courses please take a look at the associated PDF or email info@verticaldance.com

FAQ's

Is the theory hard?

All you need to do is read the manual and answer the questions in the work book. There are no trick questions it just a simple read and answer method. There will be a seventy five questions multiple choice exam you will be quizzed on your written and practical work during the course. You must achieve a pass rate of 80% or you will need to retake the test.

Will I have a practical exam?

Your assessment is recorded and is in the following parts:

For those doing the fitness module:

- Warm up
- Routine
- MSE
- Cool down
- Moves to camera

I can do the basics but I cannot invert is this course ok for me?

As the course is online you can perfect your own technique as you go along. You have one year to complete the course so if you cannot perform some of the moves you can wait until you have



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practiced the moves and perfected them before filming your assessment.

Will I be insured when I pass?



No you won't be. However this certification can be shown to your insurance company as proof of education, this may lower your premium. Vertical dance uses the International Pole sports federation insurance which covers pole and other forms of fitness. Alternatively you can become a member of the PDC and gain access to pole insurance through their services.

What if I refer any part of the course?








If you refer the workbook you will be asked to correct the task you have referred on. If you refer the multiple choice exam you will be asked to retake it on the second day of the course. If you refer your practical assessments you will be given in depth feed back as to why. You can retake the assessment for the referred elements of the practical instruction. You will not be charged if you refer any part of the.

Is the course refundable or transferable?

Refunds can only be given if the passwords have not been sent. If you have used the instalment option, the course is non refundable. The course is non transferable.

What do I need to start the course?

You will need the following if taking part in the online course:

	Pole
	Computer, MAC or Laptop (this is not suitable for ipads)
	Broadband with a minimum of 1MB speed
	Printer
	Scanner(optional)
	Video Camera
	One participant to teach

How much does the course cost?

Please see the shop on the website

Are there discounts for purchasing one or more courses?

Yes there are discounts for purchasing more than one course. Please take a look at the shop page on the website.



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If you have any further questions please contact info@verticaldance.com



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