

THE TECHNICAL APPROACH

HOW DO I KNOW I'M READY TO TEACH LIQUID MOTION POLE?

Just start!!! You don't need to create a whole new class; you don't need to create a whole new outline; **BUT YOU MUST BE LICENSED.**

Little by little, start to add in our five fundamentals and our five techniques. Don't overthink it. Maybe just start with pivoting. Maybe just start with a Twisting Dip Turn. Maybe start to include the idea of packing the shoulders or teach a Basic Arch posture in your warm up and carry it through the class.

Step back and look at everything that you have learned. Look at how the things that you learned in the very beginning are still being built upon.

Look at how the shapes and moves that we taught you on the floor are being replicated on the pole and in the air, and slowly start to sprinkle that in.

Think holistically... what brought you to this training? What resonated with you immediately? What was the lightbulb moment? What did you fall in love with? What was the one thing that made you realize you wanted to learn more? **START THERE.**

A Licensed Liquid Motion instructor, you should be familiar with our class structure, and you have access to all the resources you need. The good news is that the class structure is not going to change. Use our preexisting class structure to create your pole classes.

AND... because our goal is to revolutionize the way the industry teaches pole dancing, we are going to leave it up to you as to how you title your classes, meaning **YOU DON'T HAVE TO CALL IT LIQUID MOTION POLE** (unless you want to, and we hope you do).

Liquid Motion is a name that is growing and gaining momentum. However, many studios are wary when it comes to adding specialty classes, mainly because they don't always have instructors to substitute those classes. We are very confident that you as a Licensed Liquid Motion instructor will stand out within a sea of other pole instructors.

If you use our methods, we are confident that your class will be one of the most successful classes on the schedule.

It is up to you to spread the name of Liquid Motion on the pole. Your floor work classes will always remain branded Liquid Motion classes; however your pole classes you can call whatever you like. **WE JUST WANT YOU TO FILL THEM AND SPREAD THE WORD.**

REMEMBER THE BRAND

Even though you can call your pole class whatever you like, please remember if you are representing Liquid Motion in any way, shape or form, then you need to also remember what is important to our brand and to our clients... and that is **SAFETY, EDUCATION and FUN.** For us, this continuity of the brand is crucial.

THE THREE GOALS OF YOUR LIQUID MOTION POLE CLASS:

You probably recognize these goals from your 1.0 training. However, we have expanded on them. It is important that you understand how to translate our methodology into your Pole classes.

1. Provide a safe, educational, and fun class for your students.

You as the instructor must properly warm up the students both mentally and physically. You are preparing the muscles to execute the skills in the class. You are educating them on what muscles they are using and

why those muscles are important. Then, the contents of the class should be fun flows, ideas, and concepts to help the students apply the skills you introduced in the warm-up.

When it comes to Liquid Motion Pole class (or any pole class for that matter), a student can always go back a level to revisit a fundamental or skill they've learned in the past in order to refine, clean, and explore in a different capacity. However, a student cannot and should not go up a level until their body is ready to accept the challenges ahead.

2. Always teach the Liquid Motion Methodology (Fundamentals and Techniques) in application.

The Liquid Motion Methodology, Fundamentals and Techniques are what make Liquid Motion Pole stand out. We have a different approach, and that approach is important. It is okay to call out that what we are doing is specific to Liquid Motion. You don't want to lecture your students, but you do want to call out the methodology so they see how and why it is successfully affecting their movement with the pole to create the Liquid Motion aesthetic.

3. Teach students how to understand their bodies and apply that knowledge to the moves you teach.

There are many ways this could be interpreted; understanding your body is complex. But really understanding your body is being able to listen to your body, and trust your instincts. This last goal circles all the way back to the last part of your methodology section, which is "**Trust Your Training.**"

If you teach a student how to listen to their body and trust their training, they will be safe. If you teach a student how to listen to their body and trust their instincts, they will be forced to learn.

Conclusion: The moves or skills that you are teaching in your pole class need to support all three statements listed previously in this section. And if they don't, then you need to rework the content of your class.

GENERAL CLASS STRUCTURE :

Each class will have an open dialogue as well as movement. This is a thinking class, not just a movement class.

In the beginning, that dialogue should cover the main focus of your class; keep it simple. And remember you can build on this knowledge as your students become more familiar and successful with proper muscle activation to support the skeleton.

Each class will focus on one or more techniques and or fundamentals that will explain why we are teaching it in this particular way.

It is important to understand and highlight how Liquid Motion is making the move more successful. Picking either a Fundamental and/or Technique that is carried through all the movement you are teaching in your class will minimize confusion and minimize what your student needs to think about.

For example: "In today's class, we are going to focus on **Packing** in every skill that we learn." That statement gives them one command - one thing to focus on. The rest is your job to fill in the pieces and show them how that is creating better, safer movement with and around the pole.

Each class will have a cohesive warm up that addresses overall body conditioning and prepares students for the moves to come. However your warm up may also fall victim to the length of the class.

WARM UP KEY

- **90-min class = 25-30 minute warm up (overall full-body warm up conditioning, add ins and flexibility exercises)**
- **75-min class = 15-20 minute warm up (overall full-body warm up with only site-specific conditioning and/or flexibility exercises that support the skills being taught)**
- **60-min class = 10 minute warm up (just what you need)**

It should also incorporate exercises that mirror the shapes and/or pathways the bodies will be creating. This idea is something that we investigate in detail in your Liquid Motion 2.0 floor work training.

To be more specific, we highly encourage you to work intricate scapular articulation into every warm-up that you do. The ability to understand how to articulate your scapula in all positions is what will truly give you the stability to pole dance safely.

Each class will use a number of moves and ideas from your Liquid Motion movement library, but you are not limited to those moves. Those are simply the best and most obvious examples that we can think of to help your students understand the Liquid Motion methods.

The moves you choose should work easily together and be interchangeable so that you are not teaching a sequence. If you are teaching a sequence, you must be able to deconstruct it so that memory and choreography are not a factor in your class. The idea of Deconstruction takes time and is looked at in depth in the 2.0 training.

Because we have given you permission to teach anything in your pole class, we still encourage you to follow the instructions outlined in this section. When moving with the pole, **using commonly used movement phrases (from your manual)** can be very helpful to help students refine technique. However, it is important to let them know that these commonly used movement phrases are just that. They should never be looked at as an absolute or the only way to do anything.

Each class must have at least three moves (but no more than seven) and usually a “Floor Movement Drill.”

How you structure your pole class is completely up to you, but if you want to make it a true Liquid Motion Pole class, follow the instructions above. We have replaced the **across the floor movement drill** with just a **Floor Movement Drill**. You may remember that many times throughout your pole certification training, we taught you a Liquid Motion idea or technique on the floor and then translated it to the pole.

The most important thing to remember is that whatever you teach should be well rounded so that you're not spending 45 to 60 minutes on only one part of the body. It's important to hit different parts of the body so your movement practice stays balanced for both you and your students.

Each class should have a verbal recap and overall words of wisdom for the students in relation to the material they have learned.

Give them the one thing that you want them to remember.

SAMPLE CLASS OUTLINE KEY

PREREQUISITE MOVE:

INTRO (FOR THE CLASS)

Same as 1.0.

GOALS (FOR YOU)

Same as 1.0.

WARM UP

We recommend doing a full body (head to toe) standing warm-up, but as long as you get all the parts of the body and prepare your students the way that we have outlined throughout this entire training, your warm-up can be structured however you like. (See warm up key from above.)

GENERAL CONDITIONING/STRENGTH TRAINING

Same as 1.0.

(OPTIONAL) FLOOR MOVEMENT DRILL

We know how powerful it can be to learn floor work and then translate those techniques and fundamentals to the pole, so we recommend doing that at least once in your class. Example: Belly Swivel and Spinning Lady Sit

CLASS CONTENT

This will vary depending on whether or not you are teaching a Liquid Motion Pole class or just a pole class where you have sprinkled in some Liquid Motion techniques and fundamentals. Either way, this section of your outline should be very easy to follow and guide you through the progressions that you want to teach.

SAMPLE SEQUENCE

As stated above, commonly used movement phrases are a wonderful teaching tool for students when they are starting out. We hesitate to use the word “sequence,” but just remind your students that these commonly used phrases can (and should) be adapted to fit their needs.

FREESTYLE/INTERPRETIVE DANCE

Same as 1.0.

COOL DOWN AND REVIEW

When it comes to pole, the cool down is extremely important. We urge you to use this time to go through some checks and balances with your students to make sure that their body is actually balanced and ready to continue the rest of the day. Understanding what muscles were used in the class will help determine what you should do at the end of class to make sure that everything has symmetry. Jeni will often do some sort of pectoral stretch. As students get tired, they stop using their T-zone and the other muscles in the back properly. When this happens, the front of the shoulder starts to kick in, primarily the pectoral muscles and the biceps. Doing a simple scorpion twist stretch will allow students to feel whether or not there is an imbalance in the body or unusual tightness on any particular side. Reminding students that a tightness on one side of the body is usually a red flag that they are not training evenly. Take your cool down very seriously as it can give you information about the muscles that you were or were not using correctly in your training.

QUICK REFERENCE

Same as 1.0.

Warm Up Add Ins/Conditioning:

Same as 1.0.

Notes: The notes section of your outline is important. The notes would be things that you want to remember but aren't exactly sure where to put them. It is also important to go back after your class and adjust your notes accordingly, as there will always be things that did not work as you planned, and there will always be things that you learned in that particular class.

Same as 1.0.

Follow Up Email: See sample outlines.

SAMPLE CLASS OUTLINE: 60-MINUTE CLASS - POLE LEVEL 1

PREREQUISITE MOVE: N/A

INTRO (FOR THE CLASS, 3 MIN)

This class will focus on creating awareness in your T-zone and then learning how to use your leg muscles to develop over time.

GOALS (FOR YOU)

Keep it moving; don't talk too much!!!!

WARM UP (10 MIN)

Keep in mind that in a 60-minute class, the warm-up literally is just that; it is a warm up. There is no time for general conditioning and strength training at all. The warm up will be completely different than any other Liquid Motion warm up because you are simply getting the body ready to move. Example: Start standing. Cut isolations in half. Get right to lunges and downward dog. End seated with focus on T-zone.

GENERAL CONDITIONING/STRENGTH TRAINING: NO TIME

ACROSS THE FLOOR MOVEMENT DRILL: NO TIME

CLASS CONTENT (36-39 MIN)

PART ONE (10 min): T-zone and legs; muscle and skin conditioning

- Body waves to get T-zone firing
- Forward step up & play with body waves pole
- Mod up: rotating forward set up

STOP and DANCE 3 MIN (see below)

PART TWO (10 min): more of above

- Pivoting prance pole sit & basic dismount
- Show quick pivoting prance reference on floor. Focus on straight leg moving away from the body, under the body and the initiation from the external rotation.

STOP and DANCE 3 MIN (see below)

PART THREE (10-13 min): Signature liquid climb

SAMPLE SEQUENCE

BODY WAVES - FORWARD STEP UP OR SIGNATURE LIQUID CLIMB - PIVOTING PRANCE DOWN - BASIC DISMOUNT - REPEAT.

FREESTYLE/INTERPRETIVE DANCE (3 MIN)

Same as 1.0.

COOL DOWN AND REVIEW (5 MIN)

Scorpion twist forearm stretch.

A 60 minute pole class is not recommended as there is not enough time to get in the necessary content and conditioning. It will be very hard for students to see progress from week to week.

Even though we don't feel that a 60-minute pole class will be successful for the students, many studios insist on teaching a 60-minute class because it is more successful for their bottom line, and we do understand that. Because of this, we are giving you an example of how you might possibly teach a 60-minute pole class. Keep in mind that much of the content, theory and conditioning is going to be removed from the class, simply because there is not enough time. As the instructor, you will most likely have to jump around from week to week to decide if you want to teach theory, content, or conditioning; it will be very difficult to focus on all three.

QUICK REFERENCE

BODY WAVES - FORWARD STEP UP OR SIGNATURE LIQUID CLIMB - PIVOTING PRANCE DOWN

Warm Up Add Ins/Conditioning:

NO TIME in a 60 minute class.

Notes: One 60 minute class could focus on teaching students how to use their legs. In a second class, you could focus on just the waist hold. In a third class, you could focus on pivoting to create rotation and more efficient movement starting with the dip turn. And another class, you could focus on pirouettes.

In a 75-minute or a 90-minute class, you'll be able to focus on all of these things; it is amazing how that extra 15 minutes really buys you a lot of freedom when it comes to class programming.

Follow Up Email: See sample outlines.

SAMPLE CLASS OUTLINE: 75-MINUTE CLASS - POLE LEVEL 2

PREREQUISITE MOVE: N/A

INTRO (FOR THE CLASS, 3 MIN)

“Introduction to AERIAL Static Rotation”

In this class, we will use Liquid Motion 1.0 floor work ideas to relearn how to support your body weight while introducing AERIAL static rotation.

GOALS (FOR YOU)

Get through content.

WARM UP (15 MIN)

Full body standing warm up, focusing on pelvic tilt and strengthening the legs and PACKING.

WARM UP ADD INS/CONDITIONING (5 MIN)

Spend 5 min doing T-zone conditioning.

GENERAL CONDITIONING/STRENGTH TRAINING

Scapular isolations & PACKING.

(OPTIONAL) FLOOR MOVEMENT DRILL

If you were not able to fit in your floor work references in the warm up, do it with each move and list it here.

- Basic Arch
- Pelvic tilt
- Belly Swivel

CLASS CONTENT (30-40 MIN)

PART ONE (15-20 min): Teach Hip Wave

Be sure to focus on internal and external rotation as well as a straight leg versus a bent leg. Focusing on the Basic Arch posture, pelvic tilt, intersecting lines & PACKING

Teach Liquid Fan Kick, focusing on packing and static rotation, resetting the hands, etc. Focus on the Basic Arch posture, pelvic tilt and intersecting lines.

Teach Lady Sit: again focusing on packing. You could reference the Pivoting Prance and focus on the external rotation of the straight leg rolling away and underneath the body. Focus on the Basic Arch posture, pelvic tilt and intersecting lines.

Basic dismount maintaining Basic Arch posture with hard oblique activation

STOP and DANCE 3 MIN: String together and have them play with both. Go around the room and make suggestions and adjustments as needed.

PART TWO (15-20 min):

- Teach Signature Backwards Step Up.
- Add in aerial Liquid Fan Kick to floor to Lady Sit.

SAMPLE SEQUENCE

T-ZONE CONDITIONING, PACKING, HIP WAVE - SIGNATURE BACKWARDS STEP UP - AERIAL LIQUID FAN KICK TO FLOOR - LADY POLE SIT - BASIC EXIT

FREESTYLE/INTERPRETIVE DANCE

PUT IT ALL TOGETHER

COOL DOWN AND REVIEW (3 MIN)

Hip reset, peck bicep stretch

QUICK REFERENCE

HIP WAVE - SIGNATURE
BACKWARDS STEP UP - AERIAL
LIQUID FAN KICK TO FLOOR -
LADY POLE SIT - BASIC EXIT

Warm Up Add Ins/Conditioning:

T-zone conditioning.

Scapular isolations & PACKING

Follow Up Email:

Hello Everyone,

<YOUR NAME> here. I wanted to thank you for taking classes with me <DATE>

The purpose of this email is open up communication and let you know how you can keep taking classes with me :) and also ask me questions or give me feedback on how I can better serve you the next time you are in my class.

Below you will find a few links in addition to my online virtual teaching schedule.

- My online classes <LINK>
- Liquid Motion Certification or other relevant info <LINK>
- Social <LINKS>

I truly was honored to be able to teach you and share my methods. I know they are different and hopefully you enjoyed a new approach to movement.

I am here if you have any further questions I hope to see you in another class.

Sincerely,

<YOUR NAME>

SAMPLE CLASS OUTLINE: 90-MINUTE CLASS - POLE LEVEL 1-2

PREREQUISITE MOVE: N/A

INTRO (FOR THE CLASS, 5 MIN)

“Introduction to Static Rotation” In this class, we will use intro level content and Liquid Motion 1.0 floor work to relearn how to support your body weight while introducing static rotation and condition you for inverting.

GOALS (FOR YOU)

Get through content.

WARM UP (25 MIN)

Full body standing warm up, focusing on external rotation, pelvic tilt, strengthening the legs and PACKING. Work on some mirroring of a fan kick and Basic Arch posture.

WARM UP ADD INS/CONDITIONING (5 MIN)

Spend 5 min doing T-zone conditioning.

GENERAL CONDITIONING/STRENGTH TRAINING

Scapular isolations, straddle roll downs all levels. Also focus on the external rotation in the hip joint on the roll down & PACKING.

Side planks, tricep push ups, downward dog alternating, attention to hamstring to shoulder openers, thoracic twists

(OPTIONAL) FLOOR MOVEMENT DRILL

If you were not able to fit in your floor work references in the warm up, do it with each move and list it here.

- Basic Arch
- Pelvic tilt
- Belly Swivel

CLASS CONTENT (35-45 MIN)

PART ONE (20-25 min): Teach Hip Wave and Hip Wave Exploration Be sure to focus on internal and external rotation as well as a straight leg versus a bent leg. Focus on the Basic Arch posture, pelvic tilt, intersecting lines & PACKING. This will be mimicked later in Waist Holds and Clockwork Leg to Waist Holds.

Then teach Liquid Fan Kick focusing on packing and static rotation, resetting the hands, etc. Focus on the Basic Arch posture, pelvic tilt and intersecting lines.

Teach Lady Sit: again focusing on packing. You could reference the Pivoting Prance and focus on the external rotation of the straight leg rolling away and underneath the body. Focus on the Basic Arch posture, pelvic tilt and intersecting lines.

STOP and DANCE 3 MIN: String together and have them play with both. Go around the room and make suggestions and adjustments as needed.

PART TWO (15-20 min):

- Teach Corkscrew, add in a wind up and end standing. Focus on the Basic Arch posture, pelvic tilt, intersecting lines & packing.
- Teach Open Back Step into Waist Hold Clockwork Leg.
- Teach Waist Hold Belly Roll.
- Quick pas de bourrée for completion.

SAMPLE SEQUENCE (OPTIONAL ON SPIN FOR ADVANCED)

HIP WAVE - LIQUID FAN KICK - LADY POLE SIT - CORKSCREW EXIT - OPEN BACK STEP - WAIST HOLD CLOCKWORK LEG - WAIST HOLD BELLY ROLL - PAS DE BOURREE

FREESTYLE/INTERPRETIVE DANCE

PUT IT ALL TOGETHER

COOL DOWN AND REVIEW (3 MIN)

Hip reset, peck bicep stretch, nerve glide.

QUICK REFERENCE

HIP WAVE - LIQUID FAN KICK - LADY POLE SIT - CORKSCREW EXIT - OPEN BACK STEP - WAIST HOLD CLOCKWORK LEG - WAIST HOLD BELLY ROLL - PAS DE BOURREE

Warm Up Add Ins/Conditioning:

T-zone conditioning.

Scapular isolations & PACKING, straddle roll downs, Side planks, tricep push ups, downward dog alternating, thoracic twists

Follow Up Email:

Hello Everyone,

<YOUR NAME> here. I wanted to thank you for taking classes with me <DATE>

The purpose of this email is open up communication and let you know how you can keep taking classes with me :) and also ask me questions or give me feedback on how I can better serve you the next time you are in my class.

Below you will find a few links in addition to my online virtual teaching schedule.

- My online classes <LINK>
- Liquid Motion Certification or other relevant info <LINK>
- Social <LINKS>

I truly was honored to be able to teach you and share my methods. I know they are different and hopefully you enjoyed a new approach to movement.

I am here if you have any further questions I hope to see you in another class.

Sincerely,

<YOUR NAME>