

Abstract

Title: Pole Dance Basics

Objectives: This work aims to create a set of exercises suitable for beginners in pole dancing and attempts to unify terminology based on naming used in gymnastics.

Methods: To achieve the targets of the work will be used method of qualitative research. Information about pole dancing will be obtained primarily through the internet sources. Czech and international publications will be further analyzed for the views of leading experts. To form the final set of exercises will be used comparative and interpretive methods. Regarding a definition of pole dance beginner and his chosen skills will be final criteria obtained through a controlled interview.

Results: A set of selected exercises for beginners in the practical part is made by a combination of theoretical knowledge, my personal experience as a pole dance instructor and opinions of respondents obtained through controlled interviews. The final result is not only a set of exercises and its detailed description accompanied by pictorial documentation, but also a unified pole dance terminology inspired by terminology used in gymnastics.

Keywords: pole dance, dance, pole