



Pole Dance - : F 8 O 8 > 2 K 9 = 0 1 > @!

dancemaster, > = 5 4 5 ; L = 8 : 04 N ; L 2016 - 16:43:34

Pole Dance Exotic & Sport

[0 ? 8 A K 2 0 9 A O](#) 8 ? @ 8 A > 5 4 8 = 0 9 A O A 4 ? > 10 8 N ; O!

K ? @ 8 3 > B > 2 8 ; 8 4 ; O 0 A ! ? 5 F 8 0 ; L = K 5 & :
- @ > 1 = K 9 C @ > : - 0 @ (A 4 ? > 10.07 ? @ 8 ? @ 5 4 2 0 @ 8 B 5 ; L = > 9 7 0 ? 8 A 8)
- @ 8 ? > : C ? : 5 0 1 > = 5 < 5 = B 0 2 4 5 = L ? @ > 1 = > 3 > C @ > : 0 -
1 > = 5 < 5 = B = 0 4 C @ > : 0 ! B @ 5 B G 8 = 3 0 2 ? > 4 0 @ > :
- : F 8 O ? @ 8 2 5 4 8 4 @ C 3 0 - A : 8 4 : 0 4 > 20% (? @ 8 ? > : C ? : 5
0 1 > = 5 < 5 = B 0)

0 ? 8 A 0 B L A O 2 3 @ C ? ? C 8 C 7 = 0 B L [? > G 5 < C 0 < = C 6 = >](#)
[7 0 = O B L A O Pole Dance](#)

" 0 = 5 F = 0 H 5 A B 5 A : 0 6 4 K < 3 > 4 > <
2 A 5 1 > ; 5 5 8 1 > ; 5 5 7 0 2 > 5 2 K 2 0 5 B
A 5 @ 4 F 0 4 5 2 C H 5 : . = 5 7 @ O , 2 5 4 L
3 8 1 : > 5 8 ? > 4 B O = C B > 5 B 5 ; > A
A > 1 ; 0 7 = 8 B 5 ; L = K < 8 8 7 3 8 1 0 < 8 ,
H 8 : 0 @ = 0 O ? > E > 4 : 0 8 > A 0 = : 0 2 A 5
M B > B > , G 5 3 > 4 > 1 L 5 H L A O " K ,
7 0 = O 2 H 8 A L Pole Dance 2 = 0 H 5 9 H : > ; 5
B 0 = F 5 2 ! B 0 : 10 ? @ 8 G 8 = , ? > G 5 < C
B 5 1 5 > 1 O 7 0 B 5 ; L = > A B > 8 B M B >
? > ? @ > 1 > 2 0 B L :

1. - B > A 5 : A C 0 ; L = >
0 = O B 8 O B 0 = F 0 < 8 = 0 ? 8 ; > = 5
@ 0 7 2 8 2 0 N B 2 0 H C A 5 : A C 0 ; L = > A B L ,
B 0 : : 0 : 3 0 @ < > = 8 G = > A < > B @ 5 B L A O
C M B > 3 > A = 0 @ O 4 0 = 5 2 > 7 < > 6 = > ,
7 0 6 0 2 H 8 A L .

2. - B > @ 0 A : @ 5 ? > 1 0 5 B
> 7 < > 6 = > , 5 1 5 = 5 4 0 2 = > 2 K
A B 5 A = O ; 8 A L B 0 = F 5 2 0 B L 2 : ; C 1 5 8
E > 4 8 ; 8 A A C B C ; K < 8 ? ; 5 G 0 < 8 8
2 7 3 ; O 4 > < 2 ? > ; " 0 = 5 F = 0 ? 8 ; > = 5



? @ 5 > 1 @ 0 6 0 5 B 4 >
= 5 C 7 = 0 2 0 5 < > A B 8 > B 2 0 A 1 C 4 5 B
8 A E > 4 8 B L ? @ 8 B O 3 0 B 5 ; L = > A B L 8
C 2 5 @ 5 = = > A B L.

3. - B > 8 = B 5 @ 5 A = > 5 E > 1 1 8
! > 3 ; 0 A 8 B 5 A L , 7 0 = O B 8 O = 0 ? 8 ; > = 5
2 A 5 5 1 5 2 K 7 K 2 0 N B @ 0 7 = > 3 ; 0 A 8 O .
= > 3 8 5 ? @ > A B > = 5 < > 3 C B
> B 2 0 6 8 B L A O , G B > 1 K M B > < C
= 0 C G 8 B L A O , C = 5 : > B > @ K E 5 A B L
C 9 < 0 ? @ 5 4 @ 0 A A C 4 : > 2 , G B > M B 8 <
4 > ; 6 = K 7 0 = 8 < 0 B L A O B > ; L : > B 5 ,
: B > 7 0 @ 0 1 0 B K 2 0 5 B = 0 E ; 5 1
A B @ 8 ? B 8 7 > < . > 0 G B > < > 6 = >
A : 0 7 0 B L > 4 5 2 C H : 5 , : > B > @ 0 O
7 0 = 8 < 0 5 B A O B 0 = F 0 < 8 = 0 ? 8 ; > = 5 ?
= 0 A < 5 ; 0 O , = 5 A B 5 A = O 5 B A O
A 2 > 5 3 > B 5 ; 0 8 @ 0 A : > 2 0 = = 0 .

4. # 2 0 A 1 C 4 5 B 1 5 7 C ? @ 5 G = 0 O
? > E > 4 : 0
- B > B 2 8 4 B 0 = F 0 B @ 5 1 C 5 B = 5
B > ; L : > E > @ > H 5 9 D 8 7 8 G 5 A : > 9
? > 4 3 > B > 2 : 8 , = > 8 3 @ 0 F 8 8 . 0 6 5
5 A ; 8 @ 0 = L H 5 2 K 1 K ; 8 A ; 5 3 : 0
= 5 C : ; N 6 5 9 , 7 0 = O B 8 O = 0 ? 8 ; > = 5
= 0 C G 0 B 2 0 A E > 4 8 B L , A ; > 2 = >
3 @ 0 F 8 > 7 = 0 O : > H : 0 .

5. 0 H 8 < K H F K 2 A 5 3 4 0 1 C 4 C B 2 B > = C A 5
' B > 1 K C 4 5 @ 6 8 2 0 B L A O = 0 ? 8 ; > = 5 , 0
B 0 : 6 5 2 K ? > ; = O B L = 0 = 5 <
4 2 8 6 5 = 8 O , 7 0 4 5 9 A B 2 C N B A O
? @ 0 : B 8 G 5 A : 8 2 A 5 3 @ C ? ? K < K H F .
" 0 = 5 F = 0 ? 8 ; > = 5 M B > = 5
B > ; L : > : @ 0 A 8 2 > 8 A 5 : A C 0 ; L = > ,
= > 8 7 0 < 5 = 8 B ? > ; = > F 5 = = C N
A 8 ; > 2 C N B @ 5 = 8 @ > 2 : C .

6. " 0 = 5 F = 0 ? 8 ; > = 5 @ 0 7 2 8 2 0 5 B
3 8 1 : > A B L
0 = 8 < 0 O A L M B 8 < 2 8 4 > < B 0 = F 5 2
@ 5 3 C ; O @ = > , 2 K ? > ; C G 8 B 5 3 8 1 : > 5
B 5 ; > . - B > : 0 G 5 A B 2 > O 2 ; O 5 B A O
? @ 8 O B = K < 4 > ? > ; = 5 = 8 5 < ; N 1 > 9



4 5 2 C H : 8.

7. > 4 > 1 = K 5 7 0 = O B 8 O ? > 7 8 B 8 2 = >
2 > 7 4 5 9 A B 2 C N B = 0 A C A B 0 2 K
! ? > < > I L N ? 8 ; > = 0,
@ 0 7 @ 0 1 0 B K 2 0 N B A O 4 0 6 5 B 5 A C A B 0 2 K,
: > B > @ K 5 = 5 B 0 : ? @ > A B > ? @ 8 2 5 A B 8 2
B > = C A ? @ 8 > 1 K G = K E
B @ 5 = 8 @ > 2 : 0 E.

8. " 0 = 5 F = 0 ? 8 ; > = 5 M B >
C 4 > 2 > ; L A B 2 8 5
@ 5 4 A B 0 2 L B 5 , : 0 : 2 K 1 C 4 5 B 5
= 0 A ; 0 6 4 0 B L A O 8 A ? > ; = 5 = 8 5 <
B 0 = F 0 = 0 ? 8 ; > = 5 2 ? > ; C B 5 < = > <
7 0 ; 5 ? > 4 ; N 1 8 < C N < C 7 K : C.

9. " @ 5 = 8 @ > 2 : 8 ? > < > 3 C B A 1 @ > A 8 B L
2 5 A
\$ 8 7 8 G 5 A : 0 O = 0 3 @ C 7 : 0 , : > B > @ 0 O
? @ 8 A C B A B 2 C 5 B = 0 7 0 = O B 8 O E ,
2 : ; N G 0 5 B 2 A 5 1 O B 0 : 6 5 8
: 0 @ 4 8 > - B @ 5 = 8 @ > 2 : 8 , : > B > @ K 5 ? @ 8
A > G 5 B 0 = 8 8 A A 8 ; > 2 K < 8
= 0 3 @ C 7 : 0 < 8 , ? > < > 3 0 5 B 2 0 <
> 1 @ 5 A B 8 B 5 ; > 2 0 H 5 9 < 5 G B K.

10. " 0 = 5 F = 0 ? 8 ; > = 5 @ 0 A : @ > 5 B
2 0 H C G C 2 A B 2 5 = = > A B L
@ 5 8 < C I 5 A B 2 > M B > 3 > 2 8 4 0 B 0 = F 5 2
? 5 @ 5 4 4 @ C 3 8 < 8 2 K @ 0 6 5 = 8 5
4 2 8 6 5 = 8 5 < 2 0 H 8 E B 0 9 = K E
6 5 ; 0 = 8 9 , ? 5 @ 5 < 5 I 5 = 8 5 8 E 8 7
2 0 H 5 9 3 > ; > 2 K 2 @ 5 0 ; L = K 9 < 8 @ .
> : 0 7 0 = > , G B > C 4 5 2 C H 5 ; , : > B > @ K 5
7 0 = 8 < 0 N B A O B 0 = F 0 < 8 = 0 ? 8 ; > = 5 ,
8 = B 8 < = 0 O 6 8 7 = L A B 0 = > 2 8 B A O O @ G 5 .

" K 5 I 5 4 C < 0 5 H L ! ? ! : > @ 5 5 = 0 7 0 = O B 8 O : = 0 H 8 <
7 0 < 5 G 0 B 5 ; L = K < ? 5 4 0 3 > 3 > < !