



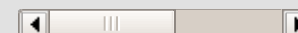
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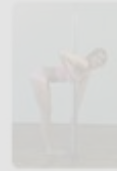


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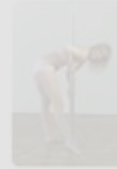
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Brass Monkey



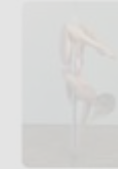
Step 1



Step 2



Step 3



Brass Monkey

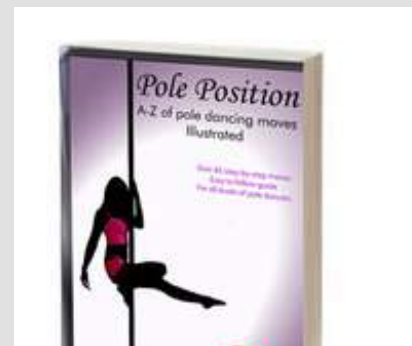
1. Start this move bending over. You want to hold the pole under your arm, pushing your elbow back so that you have a solid grip in your armpit. Your bottom hand is going to go straight down once you are up.
2. It is easier in the beginning to bring your inside leg to the other side of the pole where you can see it. Your bottom hand needs to come up, so that the side of your stomach can rest on your elbow.
3. Bend forward, but look up at the top of the pole to see where you want to hook your knee. This is a tricky move, because your knee needs to come to the outside of the pole. So twist your feet out, then look it around the front.
4. As soon as your knee is hooked in position, drop your other leg back and over your head, and straighten your bottom hand to act as a bracket.

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About the Author

Natasha Williams is a Master Pole Dance instructor and is the pioneer of pole dancing in South Africa. She founded BodyMind Studios in 2004 and has since franchised 18 studios in South Africa, including running 3 of her own studios.

She has taught thousands of women, from beginners to advanced, pole instructors, studio owners and winners of Miss Pole Dance SA and other competitions.

Not only is she highly esteemed in the pole dancing community in South Africa, but she was also Head Judge at the International Pole Championships in Hong Kong 2012, a judge at World Pole Sports Championships in London 2012 and IPC in Singapore 2013. She is a current syllabus committee member of the Pole Dance Community and member and co-founder of the SAPDFA (South African Pole Dance fitness association)

She has written 3 books and filmed instructional DVDs.

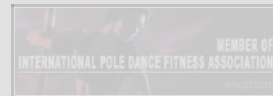
Natasha Williams brings her wealth of knowledge to the pole dancing community with the aim of empowering

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"Thanks so much for the ebook! It has helped me with teaching my classes, and getting the finer details right!" - R Smit

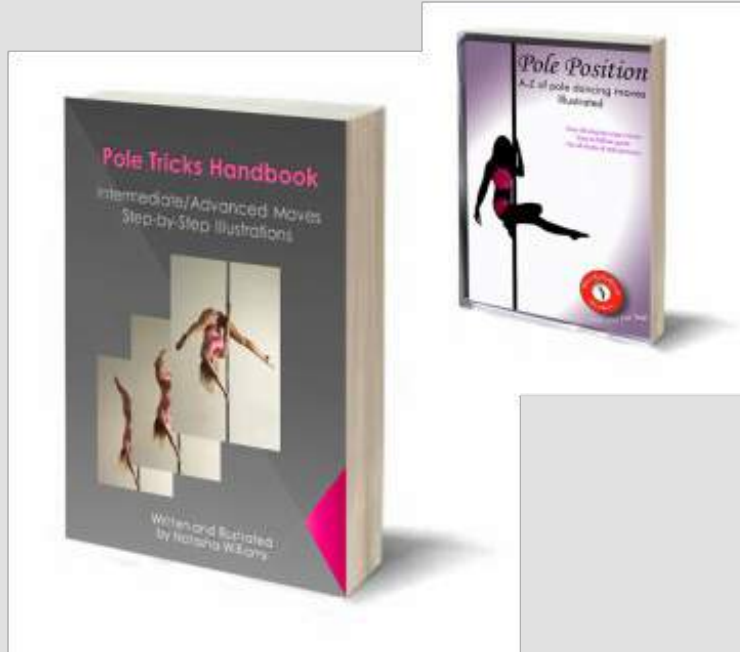
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