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## Pole dancing classes

Welcome to Brass Vixens, Toronto's first, largest and best pole dance studio offering a full all-level lecture schedule! We offer more pole dancing lessons than any other studio in Toronto! With absolute beginner classes super advanced, we have a class for you! All our fitness and dance classes, everything from Aerial Fitness to Sparna Burlesque and Cardio Hula Hooping, are for students of all levels! All classes are drop-in, available on the first time, first served basically, so you can work and improve your skills in your time! WHAT TO WEAR Pole Class: We recommend tight fittings to make clothes that allow easy movement. The most comfortable will be in shorts, tank top and leg warmers, over knee socks and/or knee pads. Stiletos are optional ☺ Aerial/Lyra Class: We recommend tight clothing that allows easy movement. The most comfortable will be in a long/short sleeve T-shirt, leggings and socks. No Booty Shorts in the closet? You will find plenty in our Vixen Boutique, in each of our locations! Our luminous studio is located at 225 Au Co, Quang An, Tay Ho. It is 10 minutes from the old district, easily accessible by bus and motorcycle. Contact us hanoipolemania@gmail.com form of performing arts This article may contain an excessive amount of intricate details that can only interest a particular audience. Please help by uncreating or moving the relevant information and removing exaggerated details that may be against Wikipedia's inclusion policies. –July 2019) (Learn how and when to remove this template message) A pole dancer performing in 2015, Pole dance combines dance and stunts centered on a vertical pole. This performance art form takes place not only in gentlemen's clubs as erotic dance, but also as a mainstream form of fitness, practiced in gyms and dedicated dance studios. [1] Pole dancing enthusiasts are of all ages; although many who perform this dance and acrobatic form are adults, this does not prevent younger children from learning and performing in competitions. [2] Amateur and professional pole dancing competitions are held in countries around the world. Pole dancing requires significant muscular endurance and coordination (as well as sensuality, in exotic dance). Today, exotic dancers' performances range from basic spins and striptease in more intimate clubs, to athletic moves like ascents and body inversions in the stage heavy clubs of Las Vegas and Miami. Dancer Remy Redd at King of Diamonds, for example, is known for turning upside down in a cleft and hanging from the ceiling. [3] Pole dance requires significant strength and flexibility. [4] Upper body and core strength are needed to gain expertise, proper training and rigorous training are required. [5] [6] Since the mid-2000s, promoters of pole dancing fitness competitions change people's perception of pole dancing to include pole fitness as a nonsexual form of dance and stunts, and try to move pole to the Olympics as a pole sport. Pole dance is considered a form of exercise[7] that can be used as both aerobic and anaerobic training. Recognized schools and qualifications are now commonplace. [8] Historical pole dancer who performs pole dancers using a street pole The use of the sports and exercise bar has been traced back at least eight hundred years to the traditional Indian sport of mallakhamb, which uses the principles of endurance and strength using a wooden column, wider in diameter than the modern standard column. The Chinese pole, originally from India, uses two poles where men would perform gravity-defying tricks while jumping from pole to pole, at roughly twenty metres in the air. Pole dance in America has its roots in Little Egypt traveling sideshows of the 1890s, attended by sensual Kouta Kouta or Hoochie Coochie belly dances,[9] performed mainly by Ghawazi dancers who first appeared in America. [10] In an era where women dressed modestly in corsets, dancers, dressed in short skirts and richly decorated with jewellery, caused quite a stir. [11] [12] During the 1920s, dancers introduced a column by sensually gyrating on wooden tent posts to draw crowds. [13] The 1950s invasion of rock and roll saw the introduction of the bar to a wider audience, with Elvis Presley's Jailhouse Rock film and video in 1957. The video featured Presley's famous gyrating hips, as well as numerous slides, grinding and vortexes. [14] In the end, the pole dance moved from tents to bars and combined it with burlé dancing. Since the 1980s, pole dancing has included athletic movements such as highs, spins and inversions into striptease routines, first in Canada and then in the United States. In the 1990s, pole dancing began teaching as art by Fawnia Mondey, a Canadian who moved to Las Vegas, USA. She's known as the world's first pole dance instructor. [15] Since then, pole dancing classes have become a popular form of recreational and competitive sports, practiced and performed in a variety of sexual, nonsexual and sporting environments. K.T. Coates, a renowned competitive pole dancer and International Pole Sports Federation, is currently promoting a campaign for including competitive pole dancing at the Olympics and an application has been submitted to the International Olympic Committee for Pole Recognition as a Sport in September 2016 [16] There are numerous competitions, including the World Pole Championship, the U.S. Pole Federation Championship, Pole Art, Miss Pole Dance America and the International Pole Dance America Championship. [17] Pillar The standard pillar The standard dance column usually consists of a hollow chrome, steel or brass column with a circular section, which ranges from the floor Ceiling. Fastening on the ceiling gives greater stability, but it is not always realized, especially in nightclubs with higher ceilings or on portable devices. [18] In most countries,[19] including the United States, the diameter is usually 50 mm (2 inches), or now more popular 45 mm (1.75 inches), allowing it to be comfortably caught with one hand. In Asia, the diameter is usually 45 mm or less. [20] There are different types of dance sticks in Australia that correspond to different performance situations. Dance poles can be durable or portable, of different sizes, spin and/or static modes and may have different coatings or be made of different materials. [18] Permanent dance columns are attached to the beam-backed ceiling located on the roof and are attached to the floor with different supports and bearings. Portable poles are attached to the base or portable stage and do not have to be attached to the ceiling. These pillars can easily be removed, disassembled and incorporated into cases of transport. [18] Poles come in different diameters – 50 mm, 48 mm, 45 mm, 42 mm, 40 mm and 38 mm. The diameter commonly used depends on personal preferences and what the pole will be used for – e.g. [19] [21] Dance poles have two different modes of operation, spin and static. In rotation mode, the pole uses ball bearings to turn. This mode can be used to complete more experienced pole strokes, make it easier to complete strokes and add more dramatic effects to the movement. Most rotating columns can also be repaired in a static mode in which the column cannot be rotated. Static mode is regularly used when dancing on a pole is first taught to beginners. [18] Poles come in different materials and coatings, each possessing its own properties, advantages and disadvantages. The materials from which the pillars are made are brass, titanium-gold, stainless steel and chrome. Brass and titanium gold columns are golden in color and are used to improve grip between the bar and the dancers, and are usually used by more advanced dancers. Stainless steel columns are not as popular as other species because they do not have the finest adhesion; however, they are used by dancers who have sensitive skin. Chrome columns are silver in color and are the most popular among beginners. The finishes that some dance poles can possess are silicone sleeves and powder coatings. Silicone sleeves can provide maximum grip, although there are safety precautions that dancers must consider before using silicone sleeves. These measures can include a large amount of clothing worn by the dancer or performing only static moves. Powder-coated Poles provide improved friction and grip for dancers. [22] [23] Products such as chalk, dry hands, or iTac can be used to help keep on a pole. Competitions may limit the contractors use. [24] Show pole Now there are poles available for use in clubs that provide visual effects. These pillars are made of pure plastic and contain water, sequins and special reflective materials that stand out when used in combination with strobe lighting, as well as lighting hidden in their base cameras. However, these pillars are not favorable for a dancer who wants to achieve better tricks with a pole, because they bend slightly and tend to create friction burns when they slip with any kind of speed. As a workout the home version of the stage pole dance demonstration near the Idaho State Capitol Pole dance has gained popularity as a form of exercise with increased awareness of the benefits for general strength and fitness. These forms of exercise increase the strength of the nucleus and general body using only the body as resistance, while toning the body as a whole. A typical practice regimen of pole dancing in class begins with strength training, dance moves, squats, scles and abs and gradually works its way to the spins, climbs and inversions that are métier exercises. Pole Dancing has also generally reported its schools to be empowering for women in terms of building self-confidence, in terms of which of its erotic components are still subject to some controversy. [25] Some feminists argue that sexualized dance of this kind cannot be considered empowering because the choice to participate is not made in freedom from limiting power structures, especially given the performative aspect of many classes. [quote required] An increasing number of men are including pole dancing in their fitness programs. [26] In Australia, the UK and the US, dance studios are starting to offer male-only classes. And in China in 2007, 2008 was the year of the 20th century. Dance instructor Zhang Peng, 23, beat a host of dancers to the top prize. [27] Recreational pole for men and women Since 2003, the [further explanation required] pole dancing has moved from exotic performance to recreational activity. Pole dancing as a sport is different from pole dancing as a recreation because recreational pole dancing is conducted mainly for enjoyment, not fitness. As they deal with the pole, students will learn different ways to use the bar to perform spins, tricks, climbs and hangings. [28] [29] Pole dance competitions began in the United States with Deja Vu Strip Clubs Lance in 1991 [30] These competitions led to the creation of a number of other competitions that followed, both in the strip club industry and in fitness. A wide range of amateur and professional competitions are held in many countries around the world. They are strictly naked and focus on pole dancing as an athletic and artistic form of dance Fitness. The first Miss Pole Dance World competition was held in November 2005. The next day Elena was disqualified by organiser John Benner from many controversies, with the title going to runner-up Reiko Suemune of Japan. [31] A group of advocates even advocated that pole dancing be presented as a test event at the London 2012 Olympics [32] [33] However, as this is a relatively new trend, there is no standardised scoring for competitions, and descriptions of the techniques differ between clubs in different regions. [34] In Australia in 2005, 2006 was the first year in which 100,000 People's The competition's most recent winner was Carlie Hunter of South Australia, who took home the 2016 world title. The next championship will be for Miss Pole Dance Australia 2018 will be hosted in Sydney on 4th [35] Australian Competition Mr Pole Dance began in 2013. The last winner of the competition was Adam Lin of Australia in 2016. [36] This competition is the only men's pole vault competition in the world. Mr Pole Dance America began its first competition from 4 to 6 November 2016 in Massachusetts. [37] The Double Vision Poles Championship in Australia is the only doubles jumping competition in the world where women's, men's and mixed doubles can participate. The last competition was held in 2016, where women's couple Narelle and Charlie took home the championship. Pole dance skill The first US Pole Dance Championship (USPDF) was held on March 19, 2009, first place was taken by Jenyne Butterfly. In 2010, the winner of Miss Pole Dance Canada was Crystal Lai, who won the People's Choice Award at the world championships. [39] World Pole Sport & Fitness 2009 (World Pole Dance) is a competition open to all nationalities and all continents. In 2009 in Jamaica he beat Cane,[40] and she successfully defended her title in the Swiss competition in 2010 [41] For the 2011 event held in Budapest and won by Belarus's Alesia Vazmitsel. In the media Chinese pole acrobats perform in 1993, on Madonna's world tour The Girlie Show, dancer Carrie Ann Inaba performed on a high go-go stick as a prelude to the show. This was followed by Madonna's rendition of Erotica. Pole Dancing, which is featured on Desperate Housewives and The View,[42] as well as other workout trends has its share of celebrity followers. Jennifer Love Hewitt had a short pole dance in an episode of Ghost Whisperers. Actress Sheila Kelley was so taken aback by the sport, which she learned as she prepared for her role in Dancing in Blue Iguana, that she launched her own pomegranate-based workout program. [43] In January 2009, Felix Cane (world pole dancing champion in 2009 and 2010) joined Cirque Du Soleil's Zumanity show in Las Vegas, promoted at the Tyra Banks Show in 2010 [44] Rome (45) Winning Miss USA in 2010, including the fact that she had won the pole dancing competition three years earlier, has attracted media attention. Taiwanese pop singer Jolin Tsai showed off her dance prowess on a pole in the Agent J and Beast music videos. She also gave a live double performance during her World Tour in Kaohsiung, Taiwan. Pole dance has its own media, Free Spin, Pole Spin and Vertical magazines. [47] Pole dance is also a staple of the popular webcomic titled, Pole Dancing Adventures[48] created by the artist, Leen Isabel. In the video game Bayonetta, the titular character uses pole dancing in means to advance to the next area or fight his enemies. In the end of the credit for the game, she's seen dancing on a pole. [49] If you get a platinum award, you will hear her speak I should have been a pole dancer. Pole dancing is incorporated into the performances of some K-Pop idols. The Brown Eyed Girls ga-In included several recordings of her pole dancing in the 2012 music video of her 2012 solo single 피어나 (Bloom). [50] Girl group After School used pomegranate dancing extensively as part of a dance routine for their 2013 song 첫사랑 (First Love). In Rihanna's 2013 hit single The New York Times, She said: I don't think it's a good time. Nicole also danced with Bruno Mars Gorilla at the 2013 MTV EMAs. Since 2010, Celebrity Health & Fitness magazine has reported on royal bodyguards who said catherine, Duchess of Cambridge took pole dancing lessons to lose weight after giving birth to Prince George in 2013, the Daily Dot[55] published a story that covered an attempt by some pole dancers to distance themselves from strippers, with their story Strippers talking to the hashtag #Notastripper The story used the hashtag to support the origins of pole dancing. On social media platform Instagram, some pole dancers try to distinguish between their exercise method and the origin of the method, using no stripper as a hashtag. The hashtag can be viewed as derogatory, and strippers dancing on a pole use to defend the stripper as a defense against denigrating their style of dance, which is created and used in strip clubs. In 2019, English musician FKA Twigs released a music video for her single Cellophane which includes Twigs pole dance. [56] Men in pole dancing competitions Although they are mainly associated with women's fitness classes, pole dance or pole sports are gaining popularity among men, with many competitions including the men's division, including the highly prestigious PoleArt[57] and the Pole Pole Sports World Championship. [58] See also Chinese column Nova, pole acrobat Mallakhamba, pole and rope yoga sports of India, dating back to at least 1135 CE /AD References Notes ^ Holland, Samantha (2010). Pole dancing, empowerment and embodiment. Palgrave Macmillan. ^ Children's Dance lessons were defended as non-sexual. BBC News. 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