

GET A GRIP

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A column by
Heather Loraine

Translated by
Phoebe Huang

Get a grip and learn the truth about pole dance and everything surrounding aerial sports!

WWW.ZEROGRAVITYPOLEDANCE.COM | +8618516336554



ZERO GRAVITY
POLE DANCE

Contributors



Heather Loraine, master mind 智多星

Heather is an intermediate level pole dancer and cocktail enthusiast living in Shanghai. She has been writing passionately since she was 8 years old, poetry, essays and creative prose. Now she is writing with Zero Gravity on the riveting subject of all things pole sport and aerial arts related!

Heather是一位居住在上海的中级钢管舞者和鸡尾酒爱好者。她从8岁起就开始充满热情地执笔着墨，题材包括但不限于诗歌、散文和创意散文。现在，她为Zero Gravity撰写有关普及钢管运动和空中艺术相关的有趣内容！

Phoebe Huang, language genius 语言小能手

There is a dynamic spirit shining in ZG's studio - Phoebe from China, a pole dancer and bilingual translation assistant. As a cross-cultural art practitioner, she accurately conveys the subtle emotions between different cultures in ZERO GRAVITY. In the world of pole dancing, she is like a free bird, constantly breaking through the secular prejudices and physical limits. ZG的舞室有一位闪耀着独特光芒的灵动精灵——来自中国的Phoebe，一位钢管舞者兼双语翻译小助手。做为跨文化艺术实践者，她在ZERO GRAVITY精准地传递着不同文化之间的微妙情感。而在钢管舞的世界中，她更是如同一只自由的飞鸟，不断突破世俗的偏见和身体的极限。



Johanna Spee, pole mama 钢管妈妈

In a bustling city known for its glitz and glamour, there is a hidden gem that defies gravity, and stereotypes – ZERO GRAVITY Pole Dance Studio in Shanghai. Founded by the fearless Johanna aka Pole Mama, a pole dance enthusiast from Germany, this studio is a testament to pursuing your dreams against all odds.

在一个以浮华和魅力著称的繁华魔都里，有一颗打破重力和刻板印象的隐藏明珠——上海的ZERO GRAVITY钢管舞工作室。它由大名鼎鼎的Johanna，又名Pole Mama创立。她是一位来自德国的钢管舞爱好者，这家舞室证明了她在重重困难中追求梦想的决心。

First Pole Class? We got you.

Tips to **7** *Prepare for Pole*

**钢管初体验？别怕，有我们在！
7条“上管”小贴士**

Pole dance studios aren't usually broadcasting their standards and expectations. It's a little more low-key. So, trying this sport for the first time can feel mysterious.

Here is what you need to know to hop into your first "virgins" class.

钢管舞室通常行事低调，不会大肆宣传。所以第一次来尝试体验课的新朋友多少会因为未知而感到有些忐忑。没关系！接下来，我们将会为你揭开钢管舞的“神秘面纱”。

1 Nerves are ok!

It is totally normal to feel a little nervous. Don't give yourself a hard time about that. This can be true if you already do a lot of exercise, or you don't even like to take the stairs at the metro.

Pole is a passion sport, therefore expect that the teacher is happy to answer questions and help if you have any specific needs or concerns. Always tell your instructor if you have an injury, so they can modify for you. That being said, if you have a serious recent injury, we encourage that you also consider what is medically advisable for your well being. We are not medical experts but we do our best to help accommodate everyone.

2 Dress for the occasion!

In pole this means, wear shorts because you will need bare legs. Make sure there are no metal adornments or buttons on your gear, and you will need to remove rings. This is to avoid scratching the pole itself. However, you can wear a t-shirt, and the shorts can be baggy if you're not yet ready for second-skin feeling attire.

1 感到紧张很正常!

无论你是经常健身的运动达人，还是连坐地铁都抗拒爬楼梯的小白，第一次上课时都可能会觉得有些紧张，这很正常，但千万别因此而放弃跨出珍贵的第一步。钢管舞是一项兼具挑战与热情的运动，如果你有任何特定的需求或担忧，可以随时提出，指导老师们都会很热心回答并提供帮助。如果你身上有伤，请一定要及时告诉老师，以便他们为你做出相应动作的调整。（当然，如果你近期有受过严重伤疾，我们还是建议

听取医生专业建议，不要轻举妄动。我们不是医学专家，但会尽可能帮助每个人达到理想状态。）

2 穿着得体!

对于钢管舞来说，紧身短裤是更合适的训练服。露出腿部肌肤能帮助你更好地完成技巧动作。除此之外，确保你的衣服上没有金属装饰或纽扣，并摘下戒指和其他首饰，这可以更好地避免刮伤钢管或者你自己。当然，如果你还没法完全适应穿紧身衣物带来的包裹感，也可以先从T恤和宽松的运动短裤开始。



3 There is a consent form!

At many studios, and specifically at ZERO GRAVITY, there is a consent form to sign. Pole is a genuine sport and there are associated risks with any physically challenging activity. Arrive a few minutes early to read and sign the form.

4 Be early, or at least not late!

Come early for the afore-mentioned consent form. But then always be on time! Being on time is to ensure that you join the warm up before going into the sport. Pole requires a lot of mobility and strength in the shoulders. While during your first classes, a teacher will not challenge you to go high on the pole or do anything complex, they will ensure that you are activating the right muscle groups and lubricating joints for the moves they plan to teach. Pole instructors are usually very specific with their warm ups. If you're late, substituting 20 burpees for the warm up might not be enough to help you nail your first cartwheel.

Note: At ZERO GRAVITY, if you are more than 15 minutes late it won't be possible to help you warm up, so it's not safe to join the class. After the 15-minute mark, the instructor will likely ask you not to participate, for safety reasons.

3 签署同意书!

在许多舞室，特别是在 ZERO GRAVITY，上课前都需要签署一份同意书。钢管舞是一项真正的体能运动，任何具有挑战性的运动都存在相关风险。所以请确保上课前提前几分钟到达，阅读并签署这份文件。

4 提前到场，或者至少不要迟到!

除了为了签署上述的同意书要早点到场准备之外，之后来上课也确保一定要准时。准时是为了确保你能在开始运动前参与热身的部分，因为钢管舞对肩部灵活性和力量有一定要求的。虽然你的第一节课也许不会上手非常复杂的高空动作，但老师们会确保你在做技巧前激活正确的肌肉群，并为他们计划教授的动作润滑对应的关节。钢管舞老师通常对热身非常严格，如果你迟到了，用 20 个波比跳代替热身可能是远远不够的。

注意：在 ZERO GRAVITY，如果你迟到超过 15 分钟，将无法参与热身，也就意味着直接参加课程是不安全的。所以超过 15 分钟后，出于安全原因，老师可能会拒绝你加入。



Pole is about community and helping each other, especially in the early days.

5 The instructor will check your moves.

Don't worry, no judgment here! Every instructor remembers their own journey learning pole. When they ask to see you try, that's to check your hands and feet are in the right places to hit the move. If this is really uncomfortable, talk to the instructor.

Ask if you can take a little video clip trying on your own and then show them what you shot. However, doing a move in front of the instructor also might allow them to help guide your positioning. Or they might choose a new direction to demo right in front of you on a nearby pole.

These moments have nothing to do with scrutiny or criticism. Pole is about community and helping each other, especially in the early days.



5 老师会检查你的动作。

不用担心，在ZERO GRAVITY 舞室，我们没有来自老师或者其他学员的任何“评头论足”！每个“过来人”都对自己学习钢管舞的辛苦旅程历历在目，所以当老师们要求看你展示时，是为了检查你的手脚是否摆在正确的位置。如果你对这种要求感到不适，也可以选择给老师看你练习的视频。

当然，当面展示永远是最直观有效的，老师们可以直接帮助你在管上纠正错误动作，或者在一旁示范给你看。放宽心，他们和在教室后门窗偷偷“监视”你一举一动的班主任可不一样。我们是互相帮助的友爱社群，尤其是在早期入门阶段，我们会给予大量的鼓励和支持。

In the first classes you will probably think “Nah, that’s not worth taking a video.” But it is worth it! It’s your life and your time, so seriously why not?

6 Take a video!

Why not? In pole, we learn to love taking videos. Other than to show an instructor, this is definitely about pride, usually more than social media. It feels great to have proof of your hard work!

In the first classes you will probably think “Nah, that’s not worth taking a video.” But it is worth it! It’s your life and your time, so seriously why not?

No one else has to even see it, ever. But the best thing is that if you continue to do pole, and you keep that video, you will get the satisfaction of seeing your progress. You might even decide to share it with other beginners, who will then be encouraged to keep trying. (Cue my first pole walk video, when I once stomped around a pole like I was chasing a cockroach.)

6 拍视频!

不要抗拒拍视频! 在钢管舞教学中, 我们鼓励学员用影像记录自己舞技渐长的点滴。这不仅仅是为了在社交媒体上展现自我, 更是不断接纳肯定自己努力的方式。

一开始, 你可能会觉得自己的动作不够美观, 不值得拍, 但其实每一份进步都是值得记录的! 如果你继续坚持下去, 对比曾经保留的视频, 你会为自己的成长感到无比骄傲。

此外, 保留自己的学习经历视频, 还可以在未来与其他初学者分享, 激励更多人共勉。(我就还保留着自己第一次跳钢管的视频, 当时的我像是在躲蟑螂一样, 绕着钢管直跺脚哈哈)





7 Do what is right for your body.

Pole sport is a marathon not a sprint. What we see on social media has taken those dancers years and years to learn to do. There is no quick-mix solution to being good at pole.

So plan to have fun, and listen to your body. Comparing to others simply doesn't work, unless it's to enjoy our bio-individuality with abilities and cheer for each other's differences.

If the person at the pole next to you is nailing a move, but it feels wrong to you, don't do it. If you're having a great day and want to meet that extra challenge by trying out a progression, go for it! We just ask that you stay safe, take care of yourself, and enjoy.

7 尽力而为。

钢管舞的学习是一场马拉松，不是短跑。我们在社交媒体上看到的那些技巧高超的舞者，都是经过多年的学习和积累才到达那样的高度。

成为厉害的舞者没有捷径，所以一定要学会乐在其中，去感受你自己的身体带来的变化。与他人比较没有意义，去关注我们自己的能力的提升，同时为同学们彼此不同的进步欢呼。

如果哪天你身边的同学完成了一个对你来说不那么“合胃口”的动作，那就别让“竞争心”作祟，不要硬着头皮去逞强；如果哪天你觉得状态绝佳，想要尝试额外的挑战，那就放手去搏。

我们唯一的要求就是，一定要确保自己的基本安全，对自己的身体负责。

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What we see on social media has taken
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do!