# GET A GRIP

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*A column by*

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

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。



# Pole Dancing

## *Intimidating or Approachable?*

## 《钢管舞……是遥不可及，还是平易近人？初学者小贴士！》

If you've never tried pole dancing, you probably have one of two pictures in mind. The first image is from movie scenes, where men go to a club and the ladies are sort of wiggling around. The second is possibly from Instagram and a slim bombshell is rocketing around like a helicopter on red bull.

If you don't do any sports, it might feel like this is not the place to start because you need to be strong and body confident. If you do sports already, let's be honest, your attitude toward pole might be skeptical and you think there are better ways to work on that 6-pack. (There's also the secret third option that you are a man and a little afraid for...various reasons. We'll get into that another time.)

### Tips for Beginners!

如果你从未亲身尝试过钢管舞，你脑海中可能会浮现出两种画面。第一种画面来自电影里的场景，在灯光暧昧的酒吧里，穿着清凉的舞女们倚着一排排齐男性顾客视线高度的钢管扭动曼妙肢体。第二种画面可能来自 Instagram，一位苗条的性感尤物绕着钢管，像灌了红牛的直升机一样，好像感觉下一秒就要起飞。

对于没有运动基础的人来说，钢管舞似乎并不是一个对运动小白友好的开始，你会觉得钢管舞不仅对力量有要求，更需要对自己的身体足够自信。即便你经常健身，实话说，你可能对钢管舞也会持怀疑态度。你自会认为有其他100种更高效的方法去炼就六块腹肌（还有就是对于部分男生而言，跳钢管好像会有些比较隐晦的问题……呃，这个我们下回再聊！）

It's easy to address the latter issue: the fact that you might do sports already, but pole and aerial arts are totally different!
Just give it a literal whirl! It's very satisfying to find that you have the muscle and core to do a move. However, you will definitely also be surprised to find out how challenging certain things are to do, because your body has to work in a completely different direction.

Come for a starter class; challenge yourself; don't look down on pole sport until you're literally in the air looking down!

To the former point, if you don't do sport, and pole seems intimidating, you might be pleasantly surprised at the options you have for movement.

Pole sport does not have to mean pulling your entire weight toward the sky! Many pole artists say you never have to leave the ground. If you do pole long enough, you probably will want to go toward more complex tricks, but learning how to perform a beginner choreography in socks, or how to do leg waves and simple turns can result in a great work out. You can also take a cute video, if you're into that kind of thing.

Pole classes are often a small number of people and in the early days should be similar levels, which also means there are shared nerves and uncertainty, so starting out is not a lonely experience.

如果你是后者，担心的只是钢管舞是否能达到你对型体锻炼的目的，那太好解决啦。
你也许尝试过很多其他运动，但钢管舞/空中舞蹈艺术与任何其他运动可大不相同！为什么不来try一下呢？当你发现自己有足够的肌肉和核心力量去支撑自己的身体，凹出各式各样造型时，那种成就感是无与伦比的。当然同时你也会惊讶地发现，有些技巧做起来可比看起来难多了，你必须学会控制自己的身体在完全不同的方位上移动和扭转。

来体验一节入门课吧，挑战一下自己。没把身体置于悬空之前，千万不要小看钢管这类运动！

如果你从来不运动健身，钢管舞看起来确实会很有距离感，但事实上了解后，你会惊喜地发现它其实有非常平易近人的选择。

钢管运动并不意味着一定要挑战自重，把全部身体倒立拉向天空。许多钢管舞者表示，你可以选择永远不离开地面。如果练习时间足够长，后期你可能会想要尝试更复杂的技巧，但初学时，你完全可以穿着袜子在地面上wave，或者做其它很多简单的舞蹈动作，这些一样可以带来很好的锻炼效果。你还可以拍一段可爱的视频记录自己的成长。

钢管大课通常人数较少，在早期大家水平相当，一开始会都有些紧张和不确定感，所以你并不是孤身一个人在战斗。



At any stage of pole, the focus should be on body care, listening to what you can do, noticing small changes in flexibility or strength over time.
Starting with one simple class a week for fun, and trying out new styles, different teachers or other aerial arts is enough to enjoy the activity.
Pole is also fun because you can wear creative outfits, or you can wear basic shorts and tops.

What does happen, inevitably for anyone doing pole, is that confidence in their body increases. It is not possible to know what someone can do on a pole just by looking at them!
So entering a pole studio usually means different body types, taking on different modes of action, and everyone cheering for each other. A 6-pack of abs does not guarantee flexibility. Flexibility doesn't guarantee skill. Skill doesn't always mean pointed toes! Pointed toes always look best, though.

在钢管舞训练的任何阶段，重点都要放在身体护理上，倾听它能做什么。随着时间的推移，感受身体柔韧或力量的微小变化。从每周上一节简单有趣的课程开始，不断尝试新的风格、不同老师的风格或其他空中艺术形式，去享受这项运动。
钢管舞还有一个有趣的点在于，你可以搭配各种有创意甚至夸张的服饰，当然，普通简单的运动服也可以哦。

不可置否，对于任何坚持练习钢管舞的人来说，他们对自己身体的信心都会逐渐增长。仅仅通过看一个人的外表，是无法判断Ta在钢管上的潜力的！
因此，我们舞室友好欢迎不同的身材体型，探索多样的锻炼方式，好朋友们会为彼此加油。记住，强有力的六块腹肌并不保证柔韧好，柔韧好并不代表拥有着高超的技巧，技巧大神并不意味着只会绷漂亮的脚尖！不过，时刻绷脚尖还是很有必要的哈哈！




What does happen, inevitably for anyone doing pole, is that confidence in their body increases.

# There is no age limit, size expectation, strength requirement, or experience necessary to start out with pole.

And more importantly than any of this is that the community is one of support, encouragement and often just pure joy.

Looking at our studio, there are classes specifically designed for starting out. The “pole virgins” classes at ZERO GRAVITY are a great way to enter into physical activity, and reclaim body positivity at the same time.
Every BODY can do pole. It doesn’t require getting up in the air or spinning fast in your first classes. It is absolutely possible to choose dancing mostly on the floor, and working on moves slowly to stay safe.
It’s also possible to perform exciting aerial moves earlier on if you’re strong, but no matter who comes to the studio, something is going to be new to them.

学习钢管舞没有年龄限制、体型要求、力量要求或经验要求。最重要的是，我们有一个互相支持、鼓励，分享正能量快乐的社区。

我们的舞室有专门为零基础初学者设计的课程。ZERO GRAVITY 的“钢管小白班”是开始健身运动并同时培养身体积极训练意识的好地方。
每个人都可以跳钢管舞。你的第一堂课上不需要在空中快速旋转，地板上的安全舞动一样可以很好玩。如果你足够强壮有力，也可以在早期就尝试复杂的动作。
但无论谁来到工作室，都会有新的挑战和惊喜等着他们。我们对这个标题问题的答案是，钢管舞不仅平易近人，而且完全可以实现人人平等！它是一扇打开运动乐园的大门——进入后，你会发现所有训练项目都可以如此有趣和有效！比如背部力量与柔韧或者空中吊环！

> The answer to our title question is that pole dance is not just approachable, it’s completely achievable! The only warning label on pole should be that it’s a gate way sport - before you know it, you might be spending your free time on back flexibility, or aerial hoop as well!

