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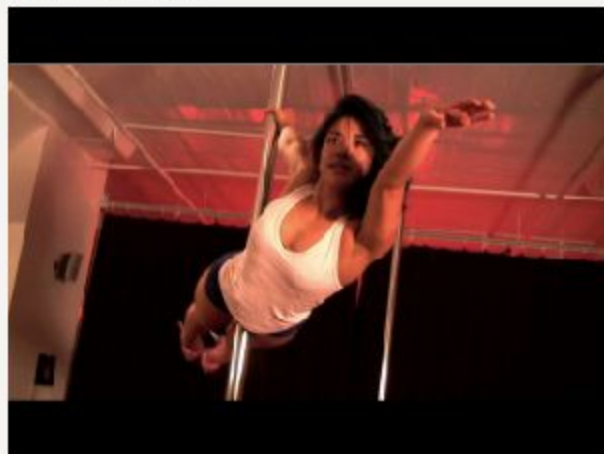
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HOW TO BE A POLE DANCING CHAMPION

by Neil Janowitz and Stevland Wilson

We all have pre-conceived notions of pole dancing. They're not entirely wrong. But if you can watch a woman suspend herself six feet in the air simply by clenching her vice-like thighs—as a dozen of them will do at the [USPDF National Championships](#), on March 15 in NYC—and not leave with respect for their athleticism and an enlightened perspective on their craft, then you've got problems above our pay grade. We're guessing the rest of you will be just fine enjoying a new sport.



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The Mag: How To Be A Pole Dancing Champion

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