



Fire Poi Passing Routine

To be eligible to be passed for fire it must be shown that you can complete the following poi routine confidently and safely.

This must be performed in front of two passed committee members.

Note: It is not required that you can complete this routine with fire poi, only with normal poi (i.e. socks).

START

3 Beat Weave

Backwards 3 Beat Weave

Tap to **Inwards Butterfly**

Angel Wings for Three Beats

Shoulder and **Hip Takeouts**

Stall to **Outwards Butterfly**

Tap to **Corkscrew**

Down into **Windmill**

Hip Reel Turn

Tap/Stall to reverse direction

Shoulder Reel Turn

FINISH