

WHAT TYPE OF SHOE OR BOOT SHOULD I BUY?

Shoe Type	Pros	Cons	Detail
Stilettos	Great for conditioning your ankles. Provides a medium ankle support. As the shin and calf area is open, it helps with grip on the pole.	Not ideal for kips	Pick a clear strap for more ankle support Pick a thin strap for more foot flexibility
Fabric Boots	Sturdy. Offers more ankle support, protection and stability than a stiletto. Great choice for beginners. Great for kips and tricks. Great for floor work compared to the patent boot, as its non-sticky.	Not as good as the stilettos for conditioning your ankles. Reduced grip when climbing as the fabric can make it harder to create a contact grip	
Patent Boots	Sturdy. Offer more ankle support, protection and stability than a stiletto. Great choice for beginners. Great for kips and tricks. Helps with climbs as the sticky material aids grip.	Due to its sticky material, it can make floor work harder. Harder to point the foot. The material stretches over, so the boot may feel stiff initially.	

Beginner students

We recommend you do not buy a bigger platform than 7 inches.

Intermediate/Advanced students

We recommend 8 inches. Due to the nature of our classes at Pole Attack, we do not recommend 9 inches or higher.

What to consider when buying a shoe!

Material

Heel Height

What type should you buy? Boot, Stiletto, Thigh High

What Dance Style will you be using them for?

Detail

Protection - Protect your shoes from scuffs and battle scars buy purchasing shoe protectors