



**SPECIAL  
EDITION**



**NFG asks the question:  
WHY POLE?**

## **NFG answers the question:**

**WHY POLE?** That's a great question, NFG. Thanks for asking.

I fell into pole photography when I met a girl training at the same gymnasium I was, and she arranged for a pole shoot with a friend before she left the country. And it was fun, and suddenly I'm shooting and making friends with amazing women.

These women, from wildly different backgrounds, all have different reasons for doing pole, but there's a common thread:

They've all started low and raised themselves up, usually beyond anyone's expectations. Pole has made them stronger, in mind, body, and spirit. They love doing it, they love what it's done for their bodies and their lives, they love the friends they've made.

It's a beautiful community, full of beautiful, happy people, changing their entire lives.

It's inspiring as hell, and I love being part of it.

**WHY SILHOUETTES?** I wanted to present the strength, grace and sensuality of pole dancing, with the raw power and appeal of the naked body. Silhouettes offer a hard clarity, a stark purity of strength and motion, without the distraction of *nudity*.

**NFG asks the question:** I asked each performer one short question, *why pole*,  
**WHY POLE?** without any suggestions regarding the content of that reply, and they almost all said the same thing: pole dancing allowed them, perhaps for the first time, to see their bodies for what they're capable of, not the way they look.

And so this project is about bodies, in their glorious variety and capability. It's about the amazing things they can do, not what they look like.

I am honoured to have worked with so many amazing people, and I am damn proud of what they've achieved.

**COVER:** Lynn

**OPPOSITE:** Tammy



I love how empowered and sexy it makes you feel and that it's so challenging yet so rewarding at the same time.

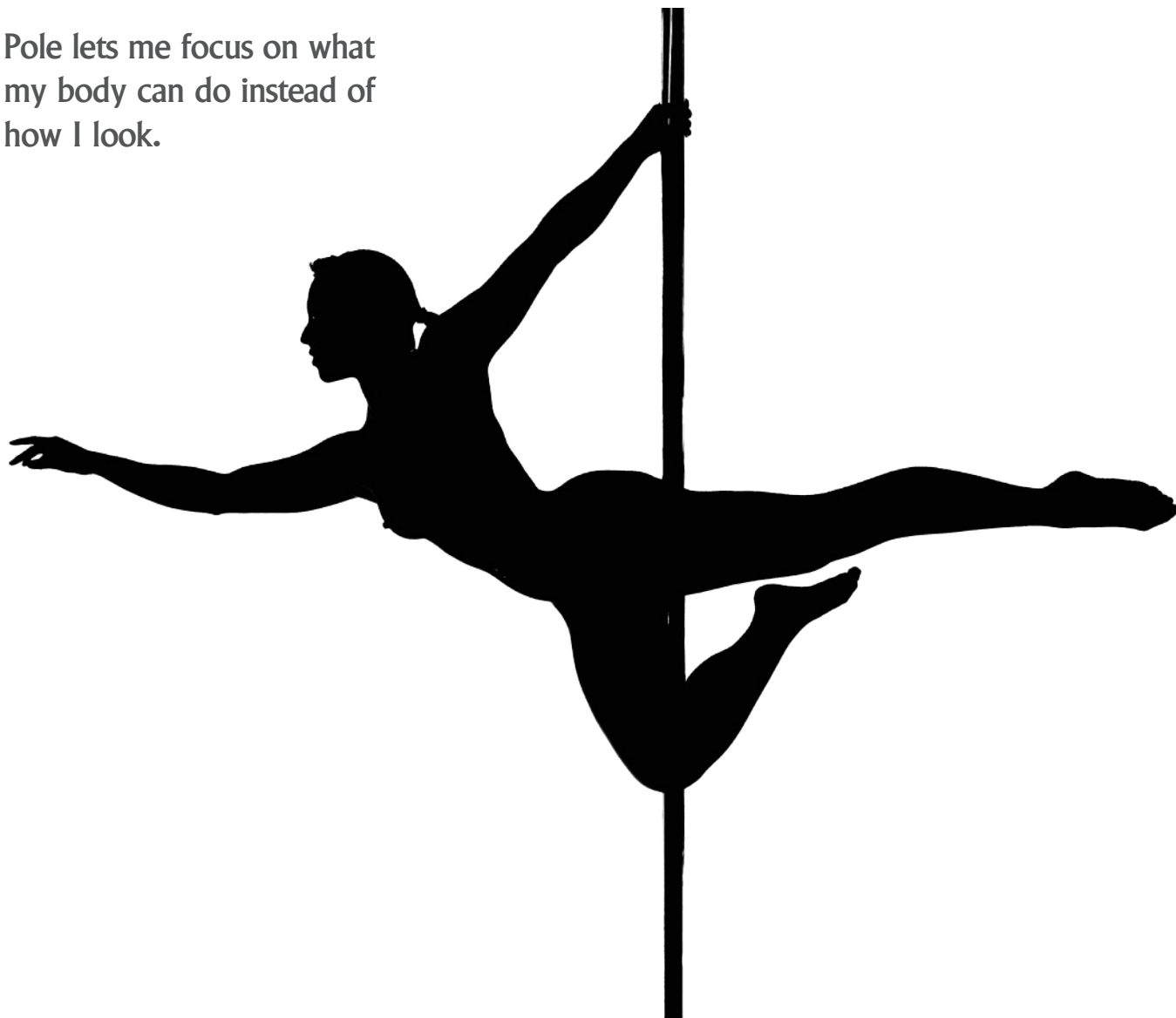


**LAURYNN**



And most of all I'm so grateful for the friendships I've made because I started pole dancing.

Pole lets me focus on what  
my body can do instead of  
how I look.



It allows me to express myself  
through movements.



**EUNICE**

It makes me feel strong, sexy  
and powerful.



As a pole dancer you can be graceful, strong, acrobatic and sexy.




**ASHLEE**





As you gain strength to pull up your own body weight on the pole, your confidence in your own capabilities also grows.



I pole because it pushes me out  
of my comfort zone.

It constantly challenges me, teaches me  
to embrace my sexuality and has taught  
me to love my body for what it can do  
instead of chasing some physical ideal.

**LYNN**



It empowers me.



But most of all, I pole because it's  
when I feel the most like myself.

Pole teaches you to love your body, not for how it looks but for what it can do.



It makes you feel strong, sexy and empowered all at the same time.



It can be whatever you want it to be as you put your own style to every trick, combo and routine.



Not many people can  
hang from their armpit



What pole dancers can do with  
their bodies is incredibly cool and  
each and every one should be  
proud of their achievements.

**TAMMY**

I pole dance to escape from the  
grind of everyday life and to  
challenge myself in every way.

The challenge of strength and  
persistence,  
and the challenge of grace  
and sensuality go hand in  
hand.



**JENNI**



Pole dancing makes me more confident in my own body and pushes me to be the boss b\*tch that I can be.

I meet and am lifted up by other polers who are amazingly strong and gorgeous people.

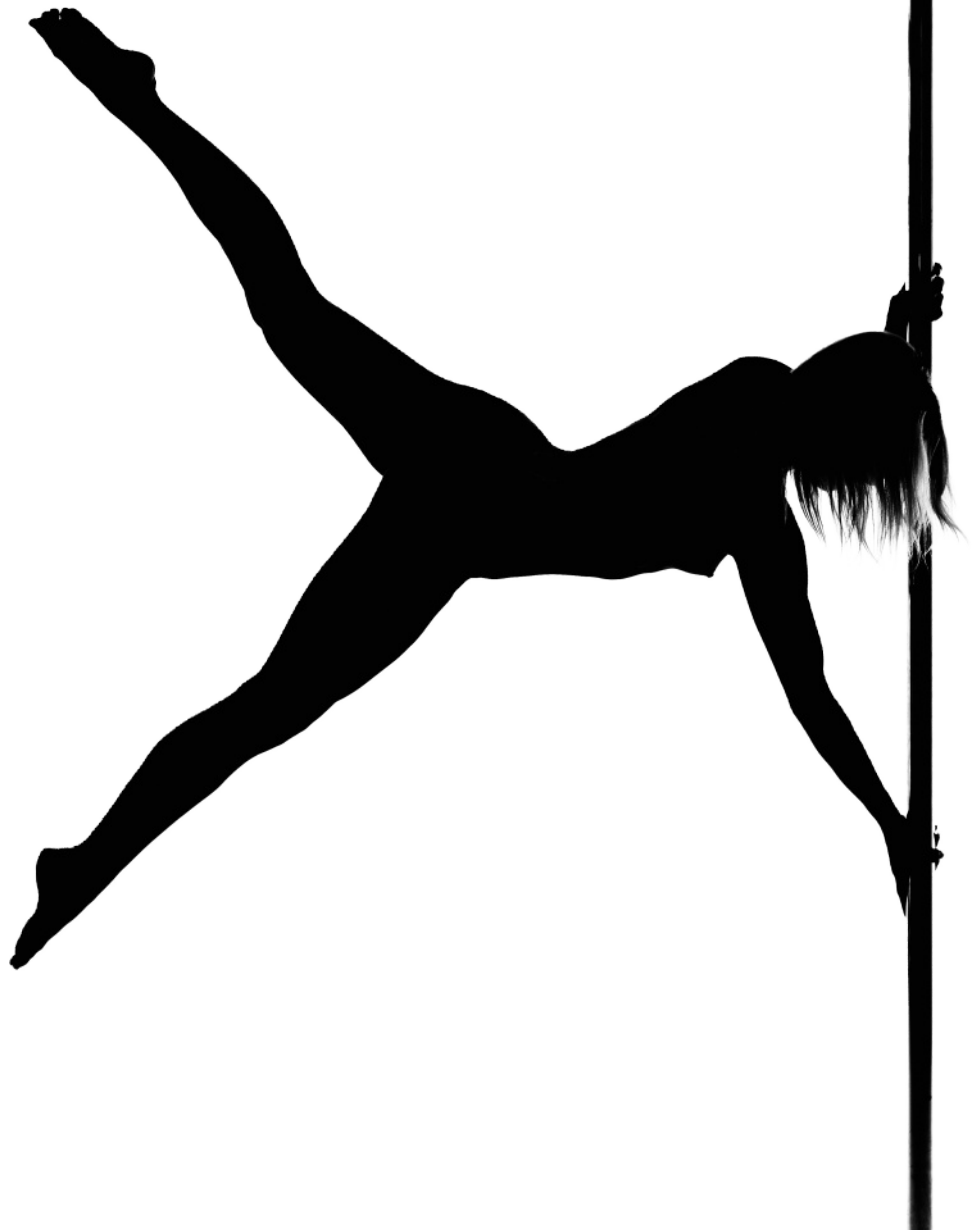
Because the human  
body is amazing



**LUIZA**



Watching it perform in such  
an art form is enthralling.



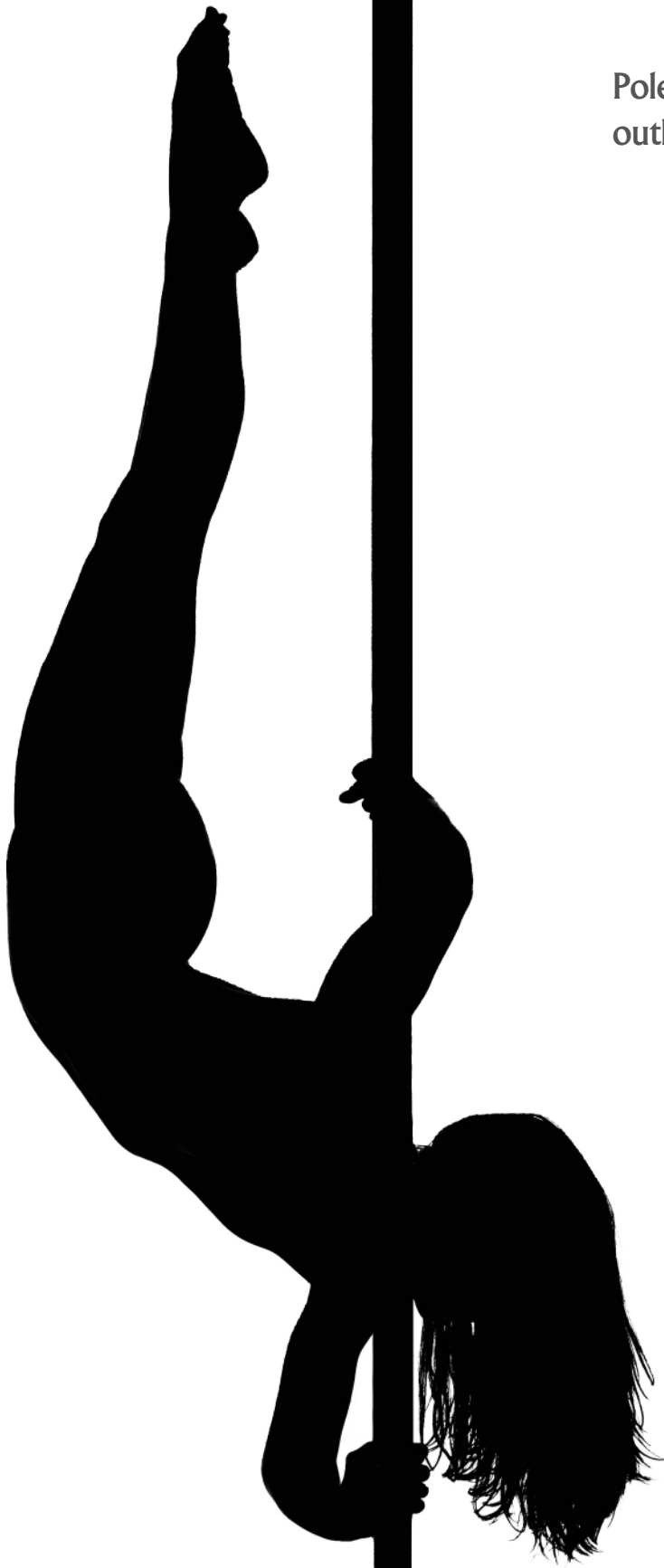


I'm in it for the gains.



**JORJA**

Pole is the perfect  
outlet to just be you.



**KRISTIN**



There are no limits to what you  
can create, you just have to be  
willing to put in the effort.

Pole dance doesn't just teach you awesome tricks and spins. It improves your strength, flexibility, mind, confidence, and self esteem.



It is my stress reliever , my happy place.

**SOPHIE**

Pole teaches you to be less judgemental. You meet amazing supportive people, and there's a real sense of friendship and encouragement within the community.

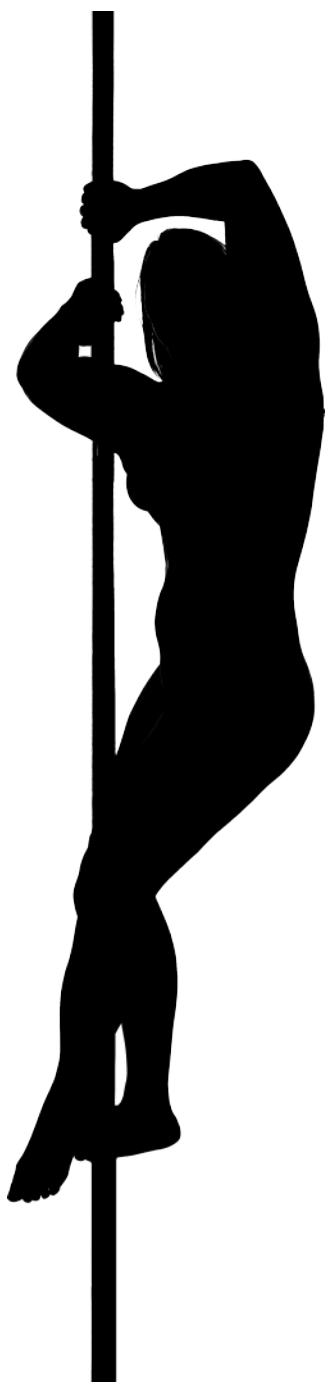




Pole brings out your best qualities -  
fearlessness, determination and  
dedication



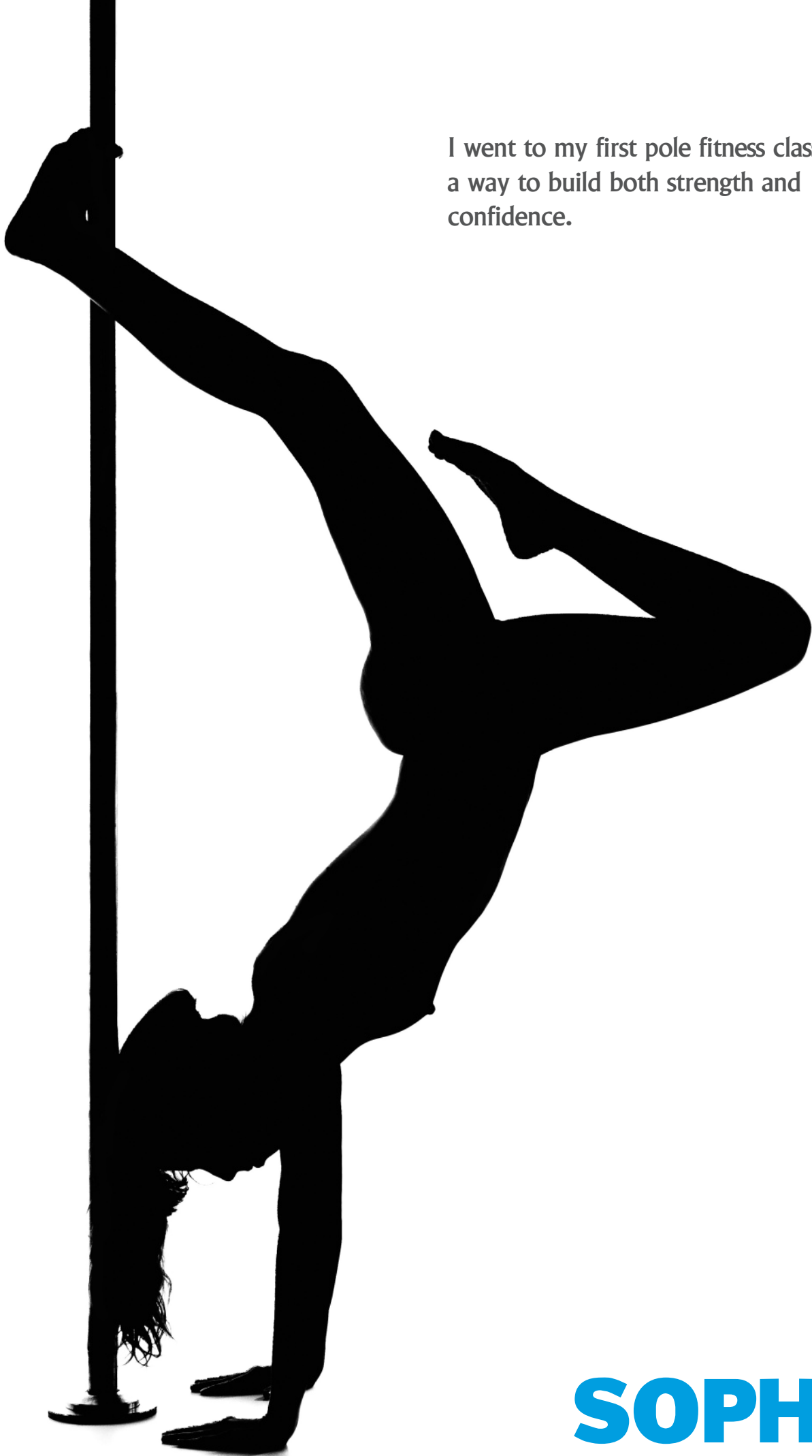




it makes every woman feel stronger,  
fiercer, sexier and happier in her own  
body

**SYD**

I went to my first pole fitness class as  
a way to build both strength and  
confidence.

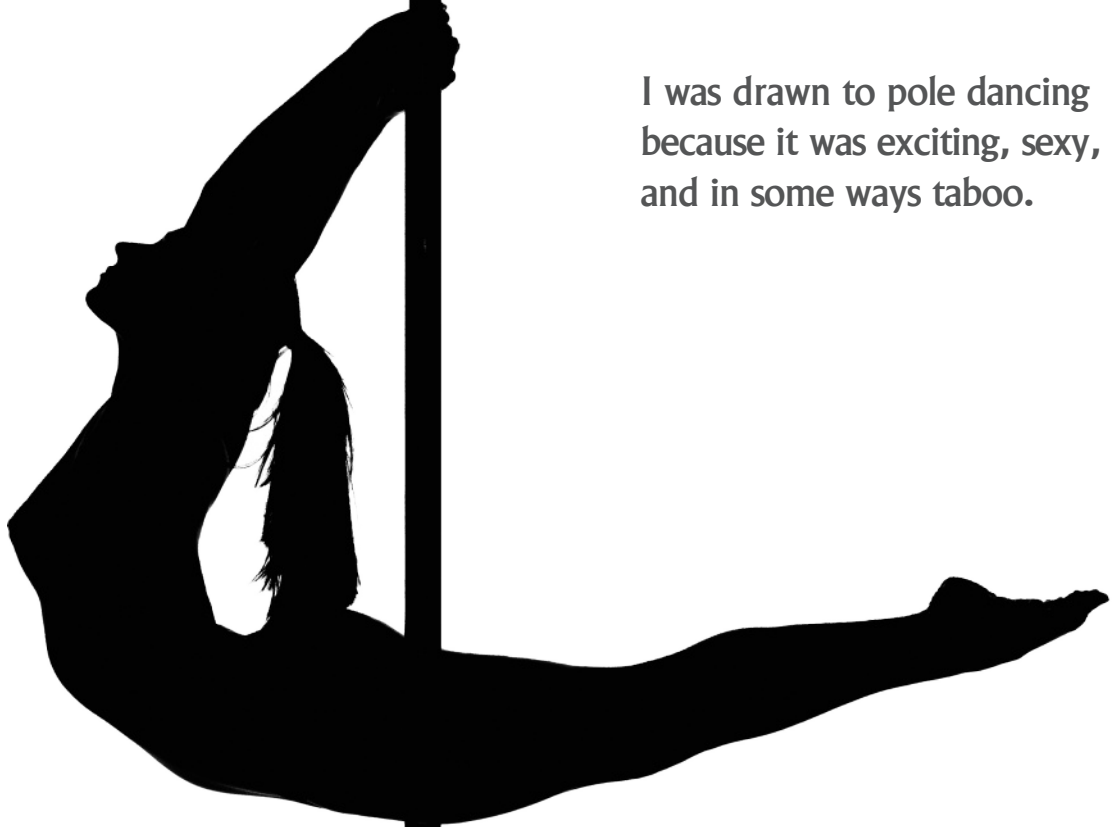


**SOPHIE**

I think part of me also did it as a big  
'fuck you' to stereotypes, because soon  
I'd be a doctor, who also pole dances.



But what has kept me poling the challenge of  
learning new skills, and the excitement when  
you finally nail a nemesis move, and the  
supportive environment and amazing people  
you meet.




I was drawn to pole dancing because it was exciting, sexy, and in some ways taboo.



Once I started, I found this art-form to be a beautiful combination of dance and athleticism. I still find it sexy (at times), but it has now become so much more than that.

I can do amazing things that I used to think were impossible for me.

A black silhouette of a pole dancer is positioned on the left side of the image. The dancer is in a dynamic pose, with one leg extended upwards and the other downwards, both holding onto a vertical pole. The dancer's head is tilted back, and their arms are wrapped around the pole. The pole itself is a thin vertical line that runs from the top to the bottom of the image, ending in a small circular base at the bottom.

I can do amazing things that I  
used to think were impossible for  
me.

Pole has made me into a person  
who is proud. Proud of myself for  
not giving up no matter how much  
it hurts, proud of my strength and  
flexibility and confident enough to  
tell the world that I am a pole  
dancer.

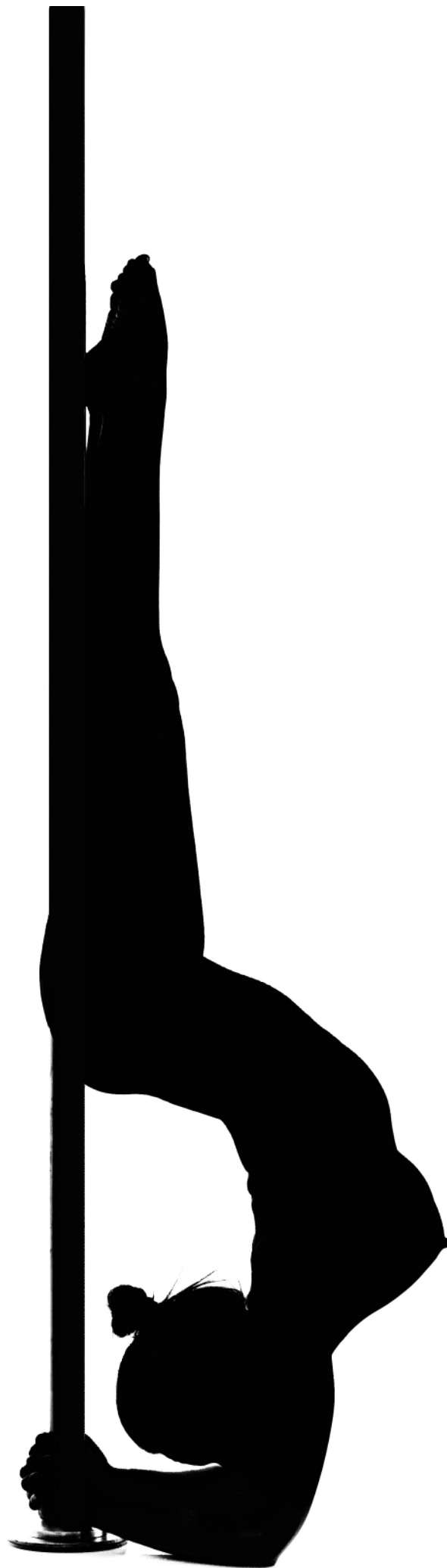
**KATELYN**



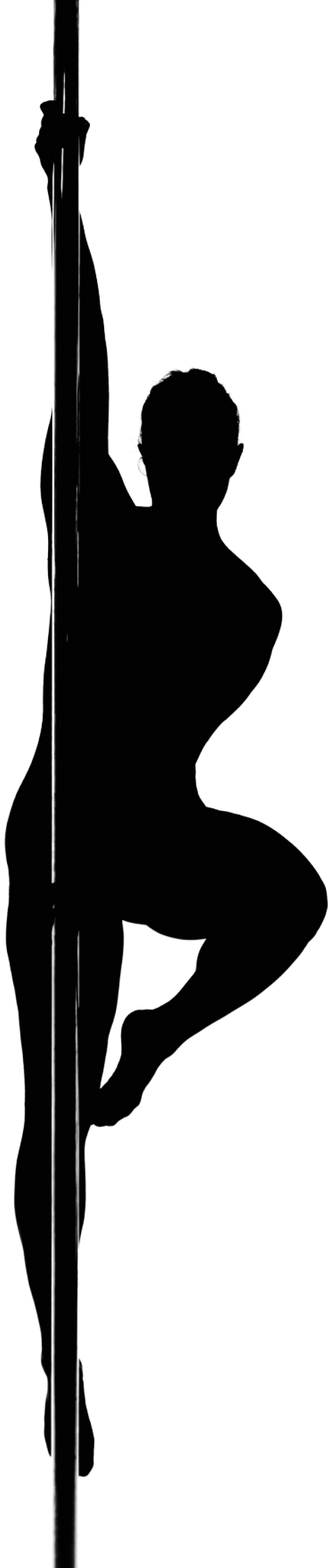
My mother said I would find it difficult. I wanted to prove I could pole dance and that I could pole dance well.

She lit the fire under me.

**HEATHER**



**RUTH**







Because I love it! The  
challenge, the people, the fun.

I am doing things I never  
thought my body could do in a  
thousand years.



**MAZ**

When i am pole dancing I feel  
in control and free.

It's given me the confidence I  
have always been missing.



A community made up of such  
Supportive, beautiful, talented and  
open minded people.

Pole pushes my body and mind to its  
limits. The rush I get when  
overcoming the pain to create  
beautiful movements and  
shape is indescribable.



**DONNA**





I pole to unleash my inner  
beast - my fears, my hopes, my  
dreams...

I it's my release. My happy  
place.



**ALEX**

Sensuality and strength are  
what make the pole unique and  
challenging.



**GIULIA**





I dance around the pole like is  
my partner, i embrace it with  
elegance and passion.

I love the idea of the body  
shaping around it, like water  
between your fingers.

