Polewirbel Level Map

Oldenburg

Pole Level Mapper

NEWBIE
5 moves

- Body Rolls
- Dip Turn
- Lady Seat
- Pirouette
- Pole Walk

LOW BEGINNER
19 moves

- Attitude Spin
- Back Hook
- Carousel Spin
- Chair Spin
- Cradle Spin
- Fan Kick
- Figurehead
- Fireman Spin
- Front Hook
- Genie
- Goddess
- Hollywood Spin
- Jasmine
- Knee Spin
- Rockstar Spin
- Scissor Seat
- Secretary Seat
- Skater Spin
- Stargazer

HIGH BEGINNER
21 moves

- Baby Snake
- Boomerang Spin
- Climb
- Cross Knee Layback
- Cupid
- Flatline
- Inside Leg Hang
- Inverted Crucifix
- Jamilla
- Martini
- Outside Leg Hang
- Remi Seat
- Side Climb
- Snowflake
- Straddle Invert
- Superman
- Teddy
- Tulip
- Upright Crucifix

LOW INTERMEDIATE
33 moves

- Advanced Plank
- Aerial Straddle Invert
- Air Walk
- Bee's Knees
- Brass Bridge
- Brass Monkey
- Butterfly
- Cross Ankle Layback
- Dove
- Dragonfly
- Duchess
- Embrace
- Eros
- Extended Butterfly
- Foot Mount
- Forearm Stand
- Gargoyle
- Gemini Climb
- Helix

HIGH INTERMEDIATE
20 moves

- Aerial Shoulder Mount
- Allegra
- Archer
- Ayesha
- Ballerina
- Broken Doll
- Caterpillar Climb
- Cheeba Split
- Chest Press Butterfly
- Chopsticks
- Dragontail
- Hang Glider
- Iguana
- Jackknife
- Jade
- Knee Bocker
- Libellula
- Machine Gun
- Marion Amber

ADVANCED
25 moves

- A-Frame
- Batwing
- Bird of Paradise
- Cocoon
- Dangerous Bird
- Daredevil
- Deathlay
- Eagle
- Flag
- Flying K
- Fonji
- Icarus
- Iron X
- Jallegra
- Janeiro
- Marley
- Meathook
- Phoenix
- Rainbow Marchenko

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
5 moves	19 moves	21 moves	33 moves	20 moves	25 moves
		 Violator	 Hip Hold	 Seahorse	 Rocketman
		 Wrist Seat	 Inverted D		 Russian Layback
			 Juliet Spin		 Russian Split
			 Leg Switch		 Spatchcock
			 Mercury		 Starfish
			 Poisson		 Yogini
			 Reiko Split		
			 Reverse Grab		
			 Shoulder Mount		
			 Side Saddle		
			 Sneaky V		
			 Torso Switch		
			 Upright Sailboat		
			 Vortex		