Valentin Level Map

Barcelona

Pole Level Mapper

NEWBIE
9 moves

- Attitude Spin
- Back Hook
- Body Rolls
- Chair Spin
- Dip Turn
- Fireman Spin
- Front Hook
- Pirouette
- Pole Walk

LOW BEGINNER
20 moves

- Butterfly
- Carousel Spin
- Cradle Spin
- Extended Butterfly
- Fan Kick
- Forearm Stand
- Genie
- Goddess
- Hollywood Spin
- Inverted D
- Jackknife
- Jasmine
- Juliet Spin
- Knee Spin
- Lady Seat
- Poisson
- Rockstar Spin
- Secretary Seat
- Skater Spin

HIGH BEGINNER
19 moves

- Baby Snake
- Boomerang Spin
- Climb
- Cross Knee Layback
- Dragonfly
- Figurehead
- Hip Hold
- Inside Leg Hang
- Inverted Crucifix
- Martini
- Outside Leg Hang
- Reverse Grab
- Scissor Seat
- Side Climb
- Snowflake
- Stargazer
- Straddle Invert
- Violator
- Wrist Seat

LOW INTERMEDIATE
20 moves

- Aerial Straddle Invert
- Air Walk
- Bee's Knees
- Brass Bridge
- Brass Monkey
- Cross Ankle Layback
- Dove
- Embrace
- Eros
- Flatline
- Gemini Climb
- Jamilla
- Leg Switch
- Mercury
- Reiko Split
- Remi Seat
- Side Saddle
- Sneaky V
- Superman

HIGH INTERMEDIATE
12 moves

- Allegra
- Ayesha
- Ballerina
- Caterpillar Climb
- Cheeba Split
- Chest Press Butterfly
- Foot Mount
- Hang Glider
- Jade
- Machine Gun
- Marion Amber
- Shoulder Mount

ADVANCED
43 moves

- A-Frame
- Advanced Plank
- Aerial Shoulder Mount
- Archer
- Batwing
- Bird of Paradise
- Broken Doll
- Chopsticks
- Cocoon
- Cupid
- Dangerous Bird
- Daredevil
- Deathlay
- Dragontail
- Duchess
- Eagle
- Flag
- Flying K
- Fonji

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
9 moves	20 moves	19 moves	20 moves	12 moves	43 moves
	 Upright Crucifix		 Torso Switch		 Gargoyle  Helix  Icarus  Iguana  Iron X  Jallegra  Janeiro  Knee Bocker  Libellula  Marley  Meathook  Phoenix  Rainbow Marchenko  Rocketman  Russian Layback  Russian Split  Seahorse  Spatchcock  Starfish

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
9 moves	20 moves	19 moves	20 moves	12 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini