Aerial Arts Fitness Level Map

Norwich, CT

Pole Level Mapper

NEWBIE
16 moves

- Attitude Spin
- Back Hook
- Body Rolls
- Chair Spin
- Dip Turn
- Fan Kick
- Fireman Spin
- Forearm Stand
- Front Hook
- Genie
- Goddess
- Jasmine
- Lady Seat
- Pirouette
- Pole Walk
- Upright Crucifix

LOW BEGINNER
13 moves

- Baby Snake
- Carousel Spin
- Cradle Spin
- Cross Knee Layback
- Hollywood Spin
- Juliet Spin
- Knee Spin
- Rockstar Spin
- Scissor Seat
- Secretary Seat
- Skater Spin
- Stargazer
- Wrist Seat

HIGH BEGINNER
24 moves

- Bee's Knees
- Boomerang Spin
- Butterfly
- Climb
- Dove
- Dragonfly
- Extended Butterfly
- Figurehead
- Hip Hold
- Inside Leg Hang
- Inverted Crucifix
- Inverted D
- Jackknife
- Jamilla
- Martini
- Outside Leg Hang
- Poisson
- Reverse Grab
- Side Climb

LOW INTERMEDIATE
15 moves

- Aerial Straddle Invert
- Air Walk
- Brass Bridge
- Brass Monkey
- Cross Ankle Layback
- Embrace
- Eros
- Flatline
- Gemini Climb
- Leg Switch
- Mercury
- Reiko Split
- Remi Seat
- Sneaky V
- Torso Switch

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
16 moves	13 moves	24 moves	15 moves	12 moves	43 moves
		Side Saddle			Gargoyle
		Snowflake			Helix
		Straddle Invert			Icarus
		Superman			Iguana
		Violator			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
16 moves	13 moves	24 moves	15 moves	12 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini