Tiffany Smith Level Map

Boston, MA

Pole Level Mapper

NEWBIE
33 moves

- Attitude Spin
- Ayesha
- Baby Snake
- Back Hook
- Bee's Knees
- Brass Bridge
- Brass Monkey
- Butterfly
- Chair Spin
- Cheeba Split
- Cross Knee Layback
- Dove
- Dragonfly
- Eros
- Extended Butterfly
- Figurehead
- Fireman Spin
- Front Hook
- Hip Hold

LOW BEGINNER
22 moves

- Body Rolls
- Carousel Spin
- Cradle Spin
- Dip Turn
- Fan Kick
- Forearm Stand
- Gemini Climb
- Genie
- Goddess
- Hollywood Spin
- Jasmine
- Juliet Spin
- Knee Spin
- Lady Seat
- Leg Switch
- Pirouette
- Pole Walk
- Rockstar Spin
- Secretary Seat

HIGH BEGINNER
9 moves

- Boomerang Spin
- Climb
- Inverted Crucifix
- Martini
- Reverse Grab
- Side Climb
- Snowflake
- Straddle Invert
- Violator

LOW INTERMEDIATE
8 moves

- Aerial Straddle Invert
- Air Walk
- Cross Ankle Layback
- Embrace
- Flatline
- Mercury
- Reiko Split
- Remi Seat

HIGH INTERMEDIATE
8 moves

- Allegra
- Ballerina
- Caterpillar Climb
- Chest Press Butterfly
- Foot Mount
- Hang Glider
- Jade
- 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
33 moves


Inside Leg Hang


Inverted D


Jackknife


Jamilla


Machine Gun


Marion Amber


Outside Leg Hang


Poisson


Scissor Seat


Side Saddle


Sneaky V


Stargazer


Superman


Wrist Seat

LOW BEGINNER
22 moves


Skater Spin


Torso Switch


Upright Crucifix

HIGH BEGINNER
9 moves

LOW INTERMEDIATE
8 moves

HIGH INTERMEDIATE
8 moves

ADVANCED
43 moves


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
33 moves	22 moves	9 moves	8 moves	8 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini