Janna R. Level Map

Pittsburgh, PA

Pole Level Mapper

NEWBIE
4 moves

- Body Rolls
- Dip Turn
- Pirouette
- Pole Walk

LOW BEGINNER
16 moves

- Attitude Spin
- Back Hook
- Carousel Spin
- Chair Spin
- Cradle Spin
- Fan Kick
- Fireman Spin
- Forearm Stand
- Front Hook
- Hollywood Spin
- Knee Spin
- Lady Seat
- Rockstar Spin
- Secretary Seat
- Skater Spin
- Upright Crucifix

HIGH BEGINNER
10 moves

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

LOW INTERMEDIATE
21 moves

- Aerial Straddle Invert
- Air Walk
- Baby Snake
- Bee's Knees
- Cross Ankle Layback
- Cross Knee Layback
- Dove
- Embrace
- Flatline
- Genie
- Goddess
- Jamilla
- Jasmine
- Mercury
- Reiko Split
- Remi Seat
- Scissor Seat
- Side Saddle
- Stargazer

HIGH INTERMEDIATE
13 moves

- Allegra
- Ballerina
- Caterpillar Climb
- Chest Press Butterfly
- Dragonfly
- Figurehead
- Foot Mount
- Hang Glider
- Hip Hold
- Inside Leg Hang
- Jade
- Outside Leg Hang
- Shoulder Mount

ADVANCED
59 moves

- A-Frame
- Advanced Plank
- Aerial Shoulder Mount
- Archer
- Ayesha
- Batwing
- Bird of Paradise
- Brass Bridge
- Brass Monkey
- Broken Doll
- Butterfly
- Cheeba Split
- Chopsticks
- Cocoon
- Cupid
- Dangerous Bird
- Daredevil
- Deathlay
- Dragontail

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	16 moves	10 moves	21 moves	13 moves	59 moves
			Superman		Duchess
			Wrist Seat		Eagle
					Eros
					Extended Butterfly
					Flag
					Flying K
					Fonji
					Gargoyle
					Gemini Climb
					Helix
					Icarus
					Iguana
					Inverted D
					Iron X
					Jackknife
					Jallegra
					Janeiro
					Knee Bocker
					Leg Switch

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	16 moves	10 moves	21 moves	13 moves	59 moves


Libellula


Machine Gun


Marion Amber


Marley


Meathook


Phoenix


Poisson


Rainbow Marchenko


Rocketman


Russian Layback


Russian Split


Seahorse


Sneaky V


Spatchcock


Starfish


Teddy


Torso Switch


Tulip


Upright Sailboat

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	16 moves	10 moves	21 moves	13 moves	59 moves



Vortex



Yogini