Shelby Level Map

Virginia

Pole Level Mapper

NEWBIE
13 moves

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

LOW BEGINNER
13 moves

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

HIGH BEGINNER
13 moves

- Boomerang Spin
- Climb
- Figurehead
- Inside Leg Hang
- Inverted Crucifix
- Jasmine
- Martini
- Outside Leg Hang
- Reverse Grab
- Side Climb
- Snowflake
- Straddle Invert
- Violator

LOW INTERMEDIATE
23 moves

- Aerial Straddle Invert
- Air Walk
- Ballerina
- Bee's Knees
- Butterfly
- Cross Ankle Layback
- Cross Knee Layback
- Cupid
- Dragonfly
- Embrace
- Extended Butterfly
- Flatline
- Gemini Climb
- Hip Hold
- Inverted D
- Leg Switch
- Mercury
- Poisson
- Reiko Split

HIGH INTERMEDIATE
21 moves

- Allegra
- Brass Bridge
- Brass Monkey
- Caterpillar Climb
- Chest Press Butterfly
- Dove
- Duchess
- Eros
- Foot Mount
- Goddess
- Hang Glider
- Helix
- Jamilla
- Knee Bocker
- Libellula
- Marley
- Seahorse
- Shoulder Mount
- Side Saddle

ADVANCED
40 moves

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

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
13 moves	13 moves	13 moves	23 moves	21 moves	40 moves
			 Remi Seat	 Superman	 Gargoyle
			 Teddy	 Tulip	 Icarus
			 Torso Switch		 Iguana
			 Upright Sailboat		 Iron X
					 Jackknife
					 Jade
					 Jallegra
					 Janeiro
					 Machine Gun
					 Marion Amber
					 Meathook
					 Phoenix
					 Rainbow Marchenko
					 Rocketman
					 Russian Layback
					 Russian Split
					 Sneaky V
					 Spatchcock
					 Starfish

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
13 moves	13 moves	13 moves	23 moves	21 moves	40 moves



Vortex



Yogini