Emily Chortek Level Map

San Jose, California

Pole Level Mapper

NEWBIE
2 moves

-  Body Rolls
-  Pole Walk

LOW BEGINNER
16 moves

-  Attitude Spin
-  Back Hook
-  Carousel Spin
-  Chair Spin
-  Cradle Spin
-  Dip Turn
-  Fan Kick
-  Fireman Spin
-  Front Hook
-  Hollywood Spin
-  Knee Spin
- Lady Seat
-  Pirouette
-  Rockstar Spin
-  Skater Spin
-  Upright Crucifix

HIGH BEGINNER
17 moves

-  Baby Snake
-  Boomerang Spin
-  Climb
-  Figurehead
-  Genie
-  Goddess
-  Inverted Crucifix
-  Jasmine
-  Juliet Spin
-  Martini
-  Scissor Seat
-  Secretary Seat
-  Side Climb
-  Snowflake
-  Stargazer
-  Straddle Invert
-  Wrist Seat

LOW INTERMEDIATE
19 moves

-  Aerial Straddle Invert
-  Air Walk
-  Bee's Knees
-  Cross Ankle Layback
-  Cross Knee Layback
- Dove
- Dragonfly
- Flatline
- Forearm Stand
- Hip Hold
- Inside Leg Hang
- Jamilla
- Outside Leg Hang
- Reiko Split
- Remi Seat
- Reverse Grab
- Side Saddle
- Superman
- Upright Sailboat

HIGH INTERMEDIATE
23 moves

- Allegra
- Ballerina
- Brass Bridge
- Brass Monkey
- Butterfly
- Caterpillar Climb
- Chest Press Butterfly
- Embrace
- Eros
- Extended Butterfly
- Foot Mount
- Gemini Climb
- Hang Glider
- Inverted D
- Jackknife
- Jade
- Leg Switch
- Mercury
- Poisson

ADVANCED
46 moves

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

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
2 moves	16 moves	17 moves	19 moves	23 moves	46 moves
				Shoulder Mount	Flying K
				Sneaky V	Fonji
				Torso Switch	Gargoyle
				Violator	Helix
					Icarus
					Iguana
					Iron X
					Jallegra
					Janeiro
					Knee Bocker
					Libellula
					Machine Gun
					Marion Amber
					Marley
					Meathook
					Phoenix
					Rainbow Marchenko
					Rocketman
					Russian Layback

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
2 moves	16 moves	17 moves	19 moves	23 moves	46 moves


Russian Split


Seahorse


Spatchcock


Starfish


Teddy


Tulip


Vortex


Yogini