Rhiannon Brown Level Map

Anchorage, AK

Pole Level Mapper

NEWBIE
4 moves


Body Rolls


Dip Turn


Pirouette


Pole Walk

LOW BEGINNER
17 moves


Attitude Spin


Back Hook


Carousel Spin


Chair Spin


Cradle Spin


Fan Kick


Fireman Spin

Forearm Stand


Front Hook


Hollywood Spin


Juliet Spin


Knee Spin


Lady Seat


Rockstar Spin


Secretary Seat


Skater Spin


Upright Crucifix

HIGH BEGINNER
9 moves


Boomerang Spin


Climb


Inverted Crucifix


Martini


Reverse Grab


Side Climb


Snowflake


Straddle Invert


Violator

LOW INTERMEDIATE
13 moves


Aerial Straddle Invert


Air Walk


Baby Snake


Cross Ankle Layback


Cross Knee Layback


Embrace


Flatline


Mercury


Reiko Split


Remi Seat

Scissor Seat

Stargazer

Wrist Seat

HIGH INTERMEDIATE
21 moves

Allegra

Ballerina

Bee's Knees

Caterpillar Climb

Chest Press Butterfly

Dove

Dragonfly

Figurehead

Foot Mount

Genie

Goddess

Hang Glider

Hip Hold

Inside Leg Hang

Jade

Jamilla

Jasmine

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	17 moves	9 moves	13 moves	21 moves	59 moves
				Side Saddle	Duchess
				Superman	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	17 moves	9 moves	13 moves	21 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	17 moves	9 moves	13 moves	21 moves	59 moves



Vortex



Yogini