Ashley Magick Level Map

Hyannis MA

Pole Level Mapper

NEWBIE
0 moves

LOW BEGINNER
20 moves

- Attitude Spin
- Back Hook
- Body Rolls
- Carousel Spin
- Chair Spin
- Cradle Spin
- Dip Turn
- Fireman Spin
- Front Hook
- Genie
- Goddess
- Hollywood Spin
- Jasmine
- Juliet Spin
- Knee Spin
- Pirouette
- Pole Walk
- Rockstar Spin
- Secretary Seat

HIGH BEGINNER
28 moves

- Baby Snake
- Boomerang Spin
- Butterfly
- Climb
- Cross Knee Layback
- Dragonfly
- Extended Butterfly
- Fan Kick
- Figurehead
- Forearm Stand
- Hip Hold
- Inside Leg Hang
- Inverted Crucifix
- Inverted D
- Jackknife
- Lady Seat
- Martini
- Outside Leg Hang
- Poisson

LOW INTERMEDIATE
20 moves

- Aerial Straddle Invert
- Air Walk
- Bee's Knees
- Brass Bridge
- Brass Monkey
- Cross Ankle Layback
- Dove
- Embrace
- Eros
- Flatline
- Gemini Climb
- Jamilla
- Leg Switch
- Mercury
- Reiko Split
- Remi Seat
- Side Saddle
- Sneaky V
- Superman

HIGH INTERMEDIATE
12 moves

- Allegra
- Ayesha
- Ballerina
- Caterpillar Climb
- Cheeba Split
- Chest Press Butterfly
- Foot Mount
- Hang Glider
- Jade
- Machine Gun
- Marion Amber
- 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
0 moves

LOW BEGINNER
20 moves


Skater Spin

HIGH BEGINNER
28 moves


Reverse Grab


Scissor Seat


Side Climb


Snowflake


Stargazer


Straddle Invert


Upright Crucifix


Violator


Wrist Seat

LOW INTERMEDIATE
20 moves


Torso Switch

HIGH INTERMEDIATE
12 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
0 moves	20 moves	28 moves	20 moves	12 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini