Courtney Level Map

Small Town, Minnesota

Pole Level Mapper

NEWBIE
5 moves


Ayesha


Cheeba Split


Figurehead


Machine Gun


Marion Amber

LOW BEGINNER
31 moves


Baby Snake


Bee's Knees


Brass Bridge


Brass Monkey


Butterfly


Carousel Spin


Cradle Spin


Cross Knee Layback


Dove


Dragonfly


Eros


Extended Butterfly


Hip Hold


Hollywood Spin


Inside Leg Hang


Inverted D


Jackknife


Jamilla


Juliet Spin

HIGH BEGINNER
28 moves


Attitude Spin


Back Hook


Body Rolls


Boomerang Spin


Chair Spin


Climb


Dip Turn


Fan Kick


Fireman Spin

Forearm Stand


Front Hook


Gemini Climb


Genie


Goddess


Inverted Crucifix


Jasmine

Lady Seat

Leg Switch

Martini

LOW INTERMEDIATE
8 moves

Aerial Straddle Invert

Air Walk

Cross Ankle Layback

Embrace

Flatline

Mercury

Reiko Split

Remi Seat

HIGH INTERMEDIATE
8 moves

Allegra

Ballerina

Caterpillar Climb

Chest Press Butterfly

Foot Mount

Hang Glider

Jade

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
5 moves

LOW BEGINNER
31 moves


Knee Spin


Outside Leg Hang


Poisson


Rockstar Spin


Scissor Seat


Secretary Seat


Side Saddle


Skater Spin


Sneaky V


Stargazer


Superman


Wrist Seat

HIGH BEGINNER
28 moves


Pirouette


Pole Walk


Reverse Grab


Side Climb


Snowflake


Straddle Invert


Torso Switch


Upright Crucifix


Violator

LOW INTERMEDIATE
8 moves

HIGH INTERMEDIATE
8 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
5 moves	31 moves	28 moves	8 moves	8 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini