Poling Around Studio Level Map

Lincoln, NE

Pole Level Mapper

NEWBIE
4 moves

- Body Rolls
- Dip Turn
- Pirouette
- Pole Walk

LOW BEGINNER
9 moves

- Back Hook
- Cradle Spin
- Fan Kick
- Forearm Stand
- Hollywood Spin
- Knee Spin
- Lady Seat
- Skater Spin
- Upright Crucifix

HIGH BEGINNER
17 moves

- Attitude Spin
- Boomerang Spin
- Carousel Spin
- Chair Spin
- Climb
- Fireman Spin
- Front Hook
- Genie
- Goddess
- Jasmine
- Juliet Spin
- Reverse Grab
- Rockstar Spin
- Scissor Seat
- Secretary Seat
- Side Climb
- Snowflake

LOW INTERMEDIATE
36 moves

- Advanced Plank
- Aerial Straddle Invert
- Air Walk
- Baby Snake
- Bee's Knees
- Butterfly
- Cross Ankle Layback
- Cross Knee Layback
- Cupid
- Dove
- Dragonfly
- Duchess
- Embrace
- Figurehead
- Flatline
- Hip Hold
- Inside Leg Hang
- Inverted Crucifix
- Jackknife

HIGH INTERMEDIATE
22 moves

- Allegra
- Ballerina
- Brass Bridge
- Brass Monkey
- Caterpillar Climb
- Chest Press Butterfly
- Eros
- Extended Butterfly
- Foot Mount
- Gargoyle
- Gemini Climb
- Hang Glider
- Inverted D
- Jade
- Jallegra
- Leg Switch
- Poisson
- Russian Layback
- Shoulder Mount

ADVANCED
35 moves

- A-Frame
- 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
- Helix

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	9 moves	17 moves	36 moves	22 moves	35 moves
			Jamilla	Sneaky V	Icarus
			Marley	Torso Switch	Iguana
			Martini	Upright Sailboat	Iron X
			Mercury		Janeiro
			Outside Leg Hang		Knee Bocker
			Reiko Split		Libellula
			Remi Seat		Machine Gun
			Side Saddle		Marion Amber
			Stargazer		Meathook
			Straddle Invert		Phoenix
			Superman		Rainbow Marchenko
			Teddy		Rocketman
			Tulip		Russian Split
			Violator		Seahorse
			Vortex		Spatchcock
			Wrist Seat		Starfish
			Yogini		