Jessica Schill Level Map

Maple Valley

Pole Level Mapper

NEWBIE
9 moves

- Attitude Spin
- Back Hook
- Body Rolls
- Chair Spin
- Dip Turn
- Fireman Spin
- Front Hook
- Pirouette
- Pole Walk

LOW BEGINNER
25 moves

- Baby Snake
- Carousel Spin
- Cradle Spin
- Cross Knee Layback
- Dragonfly
- Fan Kick
- Figurehead
- Forearm Stand
- Genie
- Goddess
- Hip Hold
- Hollywood Spin
- Inside Leg Hang
- Jasmine
- Juliet Spin
- Knee Spin
- Lady Seat
- Outside Leg Hang
- Rockstar Spin

HIGH BEGINNER
22 moves

- Bee's Knees
- Boomerang Spin
- Butterfly
- Climb
- Dove
- Extended Butterfly
- Gemini Climb
- Inverted Crucifix
- Inverted D
- Jackknife
- Jamilla
- Leg Switch
- Martini
- Poisson
- Reverse Grab
- Side Climb
- Side Saddle
- Snowflake
- Straddle Invert

LOW INTERMEDIATE
16 moves

- Aerial Straddle Invert
- Air Walk
- Ayesha
- Brass Bridge
- Brass Monkey
- Cheeba Split
- Cross Ankle Layback
- Embrace
- Eros
- Flatline
- Machine Gun
- Marion Amber
- Mercury
- Reiko Split
- Remi Seat
- Sneaky V

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	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
9 moves	25 moves	22 moves	16 moves	8 moves	43 moves
	 Scissor Seat	 Superman			 Gargoyle
	 Secretary Seat	 Torso Switch			 Helix
	 Skater Spin	 Violator			 Icarus
	 Stargazer				 Iguana
	 Upright Crucifix				 Iron X
	 Wrist Seat				 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
9 moves	25 moves	22 moves	16 moves	8 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini