Morgan Morningstar Level Map

Lorton, VA

Pole Level Mapper

NEWBIE
0 moves

LOW BEGINNER
16 moves


Body Rolls


Carousel Spin


Cradle Spin


Dip Turn


Fan Kick

Forearm Stand


Hollywood Spin


Juliet Spin


Knee Spin


Lady Seat


Pirouette


Pole Walk


Rockstar Spin


Secretary Seat


Skater Spin


Upright Crucifix

HIGH BEGINNER
22 moves


Attitude Spin


Baby Snake


Back Hook


Boomerang Spin


Chair Spin


Climb


Cross Knee Layback


Fireman Spin


Front Hook


Genie


Goddess


Inverted Crucifix


Jasmine


Martini


Reverse Grab


Scissor Seat


Side Climb


Snowflake


Stargazer

LOW INTERMEDIATE
13 moves


Aerial Straddle Invert


Air Walk


Cross Ankle Layback


Dragonfly


Embrace

Figurehead

Flatline

Hip Hold

Inside Leg Hang

Mercury

Outside Leg Hang

Reiko Split

Remi Seat

HIGH INTERMEDIATE
25 moves

Allegra

Ballerina

Bee's Knees

Brass Bridge

Brass Monkey

Butterfly

Caterpillar Climb

Chest Press Butterfly

Dove

Eros

Extended Butterfly

Foot Mount

Gemini Climb

Hang Glider

Inverted D

Jackknife

Jade

Jamilla

Leg Switch

ADVANCED
47 moves

A-Frame

Advanced Plank

Aerial Shoulder Mount

Archer

Ayesha

Batwing

Bird of Paradise

Broken Doll

Cheeba Split

Chopsticks

Cocoon

Cupid

Dangerous Bird

Daredevil

Deathlay

Dragontail

Duchess

Eagle

Flag

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
0 moves	16 moves	22 moves	13 moves	25 moves	47 moves
		Straddle Invert		Poisson	Flying K
		Violator		Shoulder Mount	Fonji
		Wrist Seat		Side Saddle	Gargoyle
				Sneaky V	Helix
				Superman	Icarus
				Torso Switch	Iguana
					Iron X
					Jallegra
					Janeiro
					Knee Bocker
					Libellula
					Machine Gun
					Marion Amber
					Marley
					Meathook
					Phoenix
					Rainbow Marchenko
					Rocketman
					Russian Layback

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
0 moves	16 moves	22 moves	13 moves	25 moves	47 moves


Russian Split


Seahorse


Spatchcock


Starfish


Teddy


Tulip


Upright Sailboat


Vortex


Yogini