Ann Level Map

Menlo Park, CA

Pole Level Mapper

NEWBIE
7 moves

- Body Rolls
- Dip Turn
- Genie
- Goddess
- Jasmine
- Pirouette
- Pole Walk

LOW BEGINNER
17 moves

- Attitude Spin
- Back Hook
- Carousel Spin
- Chair Spin
- Cradle Spin
- Fan Kick
- Fireman Spin
- Forearm Stand
- Front Hook
- Hollywood Spin
- Juliet Spin
- Knee Spin
- Lady Seat
- Rockstar Spin
- Secretary Seat
- Skater Spin
- Upright Crucifix

HIGH BEGINNER
19 moves

- Bee's Knees
- Boomerang Spin
- Climb
- Dove
- Dragonfly
- Figurehead
- Hip Hold
- Inside Leg Hang
- Inverted Crucifix
- Jamilla
- Martini
- Outside Leg Hang
- Reverse Grab
- Side Climb
- Side Saddle
- Snowflake
- Straddle Invert
- Superman
- Violator

LOW INTERMEDIATE
25 moves

- Aerial Straddle Invert
- Air Walk
- Baby Snake
- Brass Bridge
- Brass Monkey
- Butterfly
- Cross Ankle Layback
- Cross Knee Layback
- Embrace
- Eros
- Extended Butterfly
- Flatline
- Gemini Climb
- Inverted D
- Jackknife
- Leg Switch
- Mercury
- Poisson
- Reiko Split

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	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
7 moves	17 moves	19 moves	25 moves	12 moves	43 moves
			Remi Seat		Gargoyle
			Scissor Seat		Helix
			Sneaky V		Icarus
			Stargazer		Iguana
			Torso Switch		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
7 moves	17 moves	19 moves	25 moves	12 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini