Anastasia Welch Level Map

Newton, Massachusetts

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
11 moves

- Carousel Spin
- Cradle Spin
- Genie
- Goddess
- Hollywood Spin
- Jasmine
- Juliet Spin
- Knee Spin
- Rockstar Spin
- Secretary Seat
- Skater Spin

HIGH BEGINNER
18 moves

- Boomerang Spin
- Climb
- Dragonfly
- Fan Kick
- Figurehead
- Forearm Stand
- Hip Hold
- Inside Leg Hang
- Inverted Crucifix
- Lady Seat
- Martini
- Outside Leg Hang
- Reverse Grab
- Side Climb
- Snowflake
- Straddle Invert
- Upright Crucifix
- Violator

LOW INTERMEDIATE
21 moves

- Aerial Straddle Invert
- Air Walk
- Baby Snake
- Bee's Knees
- Cross Ankle Layback
- Cross Knee Layback
- Dove
- Embrace
- Flatline
- Gemini Climb
- Jamilla
- Leg Switch
- Mercury
- Reiko Split
- Remi Seat
- Scissor Seat
- Side Saddle
- Stargazer
- Superman

HIGH INTERMEDIATE
21 moves

- Allegra
- Ayesha
- Ballerina
- Brass Bridge
- Brass Monkey
- Butterfly
- Caterpillar Climb
- Cheeba Split
- Chest Press Butterfly
- Eros
- Extended Butterfly
- Foot Mount
- Hang Glider
- Inverted D
- Jackknife
- Jade
- Machine Gun
- Marion Amber
- Poisson

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	11 moves	18 moves	21 moves	21 moves	43 moves
			 Torso Switch	 Shoulder Mount	 Gargoyle
			 Wrist Seat	 Sneaky V	 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
9 moves	11 moves	18 moves	21 moves	21 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini