Katherine Level Map

Costa rica

Pole Level Mapper

NEWBIE
0 moves

LOW BEGINNER
34 moves


Attitude Spin


Baby Snake


Back Hook


Body Rolls


Brass Bridge


Brass Monkey


Butterfly


Carousel Spin


Chair Spin


Cradle Spin


Cross Knee Layback


Dip Turn


Eros


Extended Butterfly


Fireman Spin


Front Hook


Genie


Goddess


Hollywood Spin

HIGH BEGINNER
23 moves


Bee's Knees


Boomerang Spin


Climb


Dove


Dragonfly


Fan Kick


Figurehead

Forearm Stand


Hip Hold


Inside Leg Hang


Inverted Crucifix


Jamilla

Lady Seat


Martini


Outside Leg Hang


Reverse Grab


Side Climb


Side Saddle


Snowflake

LOW INTERMEDIATE
15 moves


Aerial Straddle Invert


Air Walk

Ayesha

Cheeba Split

Cross Ankle Layback

Embrace

Flatline

Gemini Climb

Leg Switch

Machine Gun

Marion Amber

Mercury

Reiko Split

Remi Seat

Torso Switch

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
0 moves	34 moves	23 moves	15 moves	8 moves	43 moves
	 Inverted D	 Straddle Invert			 Gargoyle
	 Jackknife	 Superman			 Helix
	 Jasmine	 Upright Crucifix			 Icarus
	 Juliet Spin	 Violator			 Iguana
	 Knee Spin				 Iron X
	 Pirouette				 Jallegra
	 Poisson				 Janeiro
	 Pole Walk				 Knee Bocker
	 Rockstar Spin				 Libellula
	 Scissor Seat				 Marley
	 Secretary Seat				 Meathook
	 Skater Spin				 Phoenix
	 Sneaky V				 Rainbow Marchenko
	 Stargazer				 Rocketman
	 Wrist Seat				 Russian Layback
					 Russian Split
					 Seahorse
					 Spatchcock
					 Starfish

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
0 moves	34 moves	23 moves	15 moves	8 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini