G Level Map

Worcester, Ma

Pole Level Mapper

NEWBIE
0 moves

LOW BEGINNER
17 moves


Attitude Spin


Back Hook


Body Rolls


Carousel Spin


Chair Spin


Cradle Spin


Dip Turn


Fireman Spin


Front Hook


Hollywood Spin


Juliet Spin


Knee Spin


Pirouette


Pole Walk


Rockstar Spin


Secretary Seat


Skater Spin

HIGH BEGINNER
10 moves


Boomerang Spin


Climb


Genie


Goddess


Jasmine


Martini


Reverse Grab


Side Climb


Snowflake


Violator

LOW INTERMEDIATE
12 moves


Aerial Straddle Invert


Air Walk


Cross Ankle Layback


Embrace


Fan Kick


Flatline

Forearm Stand


Lady Seat


Mercury


Reiko Split


Remi Seat


Upright Crucifix

HIGH INTERMEDIATE
19 moves


Allegra

Ballerina

Bee's Knees

Caterpillar Climb

Chest Press Butterfly

Dove

Dragonfly

Figurehead

Foot Mount

Hang Glider

Hip Hold

Inside Leg Hang

Jade

Jamilla

Outside Leg Hang

Shoulder Mount

Side Saddle

Straddle Invert

Superman

ADVANCED
65 moves

A-Frame

Advanced Plank

Aerial Shoulder Mount

Archer

Ayesha

Baby Snake

Batwing

Bird of Paradise

Brass Bridge

Brass Monkey

Broken Doll

Butterfly

Cheeba Split

Chopsticks

Cocoon

Cross Knee Layback

Cupid

Dangerous Bird

Daredevil

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
0 moves	17 moves	10 moves	12 moves	19 moves	65 moves


Deathlay


Dragontail


Duchess


Eagle


Eros


Extended Butterfly


Flag


Flying K


Fonji


Gargoyle


Gemini Climb


Helix


Icarus


Iguana


Inverted Crucifix


Inverted D


Iron X


Jackknife


Jallegra

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
0 moves	17 moves	10 moves	12 moves	19 moves	65 moves


Janeiro


Knee Bocker


Leg Switch


Libellula


Machine Gun


Marion Amber


Marley


Meathook


Phoenix


Poisson


Rainbow Marchenko


Rocketman


Russian Layback


Russian Split


Scissor Seat


Seahorse


Sneaky V


Spatchcock


Starfish

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
0 moves	17 moves	10 moves	12 moves	19 moves	65 moves



Stargazer



Teddy



Torso Switch



Tulip



Upright Sailboat



Vortex



Wrist Seat



Yogini