PITW Level Map

Springfield MA

Pole Level Mapper

NEWBIE
12 moves

- Attitude Spin
- Back Hook
- Body Rolls
- Chair Spin
- Dip Turn
- Fireman Spin
- Front Hook
- Genie
- Goddess
- Jasmine
- Pirouette
- Pole Walk

LOW BEGINNER
17 moves

- Carousel Spin
- Cradle Spin
- Dragonfly
- Fan Kick
- Figurehead
- Forearm Stand
- Hip Hold
- Hollywood Spin
- Inside Leg Hang
- Juliet Spin
- Knee Spin
- Lady Seat
- Outside Leg Hang
- Rockstar Spin
- Secretary Seat
- Skater Spin
- Upright Crucifix

HIGH BEGINNER
22 moves

- Baby Snake
- Bee's Knees
- Boomerang Spin
- Climb
- Cross Knee Layback
- Dove
- Gemini Climb
- Inverted Crucifix
- Jamilla
- Leg Switch
- Martini
- Reverse Grab
- Scissor Seat
- Side Climb
- Side Saddle
- Snowflake
- Stargazer
- Straddle Invert
- Superman

LOW INTERMEDIATE
14 moves

- Aerial Straddle Invert
- Air Walk
- Butterfly
- Cross Ankle Layback
- Embrace
- Extended Butterfly
- Flatline
- Inverted D
- Jackknife
- Meathook
- Mercury
- Poisson
- Reiko Split
- Remi Seat

HIGH INTERMEDIATE
16 moves

- Allegra
- Ayesha
- Ballerina
- Brass Bridge
- Brass Monkey
- Caterpillar Climb
- Cheeba Split
- Chest Press Butterfly
- Eros
- Foot Mount
- Hang Glider
- Jade
- Machine Gun
- Marion Amber
- Shoulder Mount
- Sneaky V

ADVANCED
42 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
12 moves	17 moves	22 moves	14 moves	16 moves	42 moves
		Torso Switch			Gargoyle
		Violator			Helix
		Wrist Seat			Icarus
					Iguana
					Iron X
					Jallegra
					Janeiro
					Knee Bocker
					Libellula
					Marley
					Phoenix
					Rainbow Marchenko
					Rocketman
					Russian Layback
					Russian Split
					Seahorse
					Spatchcock
					Starfish
					Teddy

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
12 moves	17 moves	22 moves	14 moves	16 moves	42 moves



Tulip



Upright Sailboat



Vortex



Yogini