# Emerson Level Map

Portland, OR

Pole Level Mapper

## NEWBIE
8 moves

- Body Rolls
- Dip Turn
- Fan Kick
- Forearm Stand
- Lady Seat
- Pirouette
- Pole Walk
- Upright Crucifix

## LOW BEGINNER
16 moves

- Attitude Spin
- Back Hook
- Carousel Spin
- Chair Spin
- Cradle Spin
- Fireman Spin
- Front Hook
- Genie
- Goddess
- Hollywood Spin
- Jasmine
- Juliet Spin
- Knee Spin
- Rockstar Spin
- Secretary Seat
- Skater Spin

## HIGH BEGINNER
19 moves

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

## LOW INTERMEDIATE
22 moves

- Aerial Straddle Invert
- Air Walk
- Brass Bridge
- Brass Monkey
- Butterfly
- Cross Ankle Layback
- Dragonfly
- Embrace
- Eros
- Extended Butterfly
- Figurehead
- Flatline
- Hip Hold
- Inside Leg Hang
- Inverted D
- Jackknife
- Mercury
- Outside Leg Hang
- Poisson

## HIGH INTERMEDIATE
15 moves

- Allegra
- Ayesha
- Ballerina
- Caterpillar Climb
- Cheeba Split
- Chest Press Butterfly
- Foot Mount
- Gemini Climb
- Hang Glider
- Jade
- Leg Switch
- Machine Gun
- Marion Amber
- Shoulder Mount
- Torso Switch

## 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 |
|---|---|---|---|---|---|
| 8 moves | 16 moves | 19 moves | 22 moves | 15 moves | 43 moves |
| | | | Reiko Split | | Gargoyle |
| | | | Remi Seat | | Helix |
| | | | Sneaky V | | 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 |
| --- | --- | --- | --- | --- | --- |
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Teddy



Tulip



Upright Sailboat



Vortex



Yogini