Adrienne Gibson Level Map

The Colony

Pole Level Mapper

NEWBIE
4 moves

- Body Rolls
- Dip Turn
- Pirouette
- Pole Walk

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
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
11 moves

- Aerial Straddle Invert
- Air Walk
- Cross Ankle Layback
- Embrace
- Flatline
- Gemini Climb
- Leg Switch
- Mercury
- Reiko Split
- Remi Seat
- Torso Switch

HIGH INTERMEDIATE
22 moves

- Allegra
- Ayesha
- Baby Snake
- Ballerina
- Butterfly
- Caterpillar Climb
- Cheeba Split
- Chest Press Butterfly
- Cross Knee Layback
- Extended Butterfly
- Foot Mount
- Hang Glider
- Inverted D
- Jackknife
- Jade
- Machine Gun
- Marion Amber
- Poisson
- Scissor Seat

ADVANCED
47 moves

- A-Frame
- Advanced Plank
- Aerial Shoulder Mount
- Archer
- Batwing
- Bird of Paradise
- Brass Bridge
- Brass Monkey
- Broken Doll
- Chopsticks
- Cocoon
- Cupid
- Dangerous Bird
- Daredevil
- Deathlay
- Dragontail
- Duchess
- Eagle
- Eros

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	16 moves	23 moves	11 moves	22 moves	47 moves
		 Straddle Invert		 Shoulder Mount	 Flag
		 Superman		 Stargazer	 Flying K
		 Upright Crucifix		 Wrist Seat	 Fonji
		 Violator			 Gargoyle
					 Helix
					 Icarus
					 Iguana
					 Iron X
					 Jallegra
					 Janeiro
					 Knee Bocker
					 Libellula
					 Marley
					 Meathook
					 Phoenix
					 Rainbow Marchenko
					 Rocketman
					 Russian Layback
					 Russian Split

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	16 moves	23 moves	11 moves	22 moves	47 moves


Seahorse


Sneaky V


Spatchcock


Starfish


Teddy


Tulip


Upright Sailboat


Vortex


Yogini