Joanna Level Map

Bellingham MA

Pole Level Mapper

NEWBIE
23 moves

- Ayesha
- Bee's Knees
- Brass Bridge
- Brass Monkey
- Butterfly
- Cheeba Split
- Dove
- Dragonfly
- Eros
- Extended Butterfly
- Figurehead
- Hip Hold
- Inside Leg Hang
- Inverted D
- Jackknife
- Jamilla
- Machine Gun
- Marion Amber
- Outside Leg Hang

LOW BEGINNER
20 moves

- Baby Snake
- Carousel Spin
- Cradle Spin
- Cross Knee Layback
- Fan Kick
- Forearm Stand
- Gemini Climb
- Hollywood Spin
- Juliet Spin
- Knee Spin
- Lady Seat
- Leg Switch
- Rockstar Spin
- Scissor Seat
- Secretary Seat
- Skater Spin
- Stargazer
- Torso Switch
- Upright Crucifix

HIGH BEGINNER
16 moves

- Body Rolls
- Boomerang Spin
- Climb
- Dip Turn
- Genie
- Goddess
- Inverted Crucifix
- Jasmine
- Martini
- Pirouette
- Pole Walk
- Reverse Grab
- Side Climb
- Snowflake
- Straddle Invert
- Violator

LOW INTERMEDIATE
13 moves

- Aerial Straddle Invert
- Air Walk
- Attitude Spin
- Back Hook
- Chair Spin
- Cross Ankle Layback
- Embrace
- Fireman Spin
- Flatline
- Front Hook
- Mercury
- Reiko Split
- Remi Seat

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
23 moves


Poisson


Side Saddle


Sneaky V


Superman

LOW BEGINNER
20 moves


Wrist Seat

HIGH BEGINNER
16 moves

LOW INTERMEDIATE
13 moves

HIGH INTERMEDIATE
8 moves

ADVANCED
43 moves


Gargoyle


Helix


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
23 moves	20 moves	16 moves	13 moves	8 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini