Daria Radafshar Level Map

Cogan Station, PA

Pole Level Mapper

NEWBIE
8 moves


Ayesha


Brass Bridge


Brass Monkey


Cheeba Split


Eros


Machine Gun


Marion Amber


Sneaky V

LOW BEGINNER
18 moves


Bee's Knees


Butterfly


Carousel Spin


Cradle Spin


Dove


Extended Butterfly


Hollywood Spin


Inverted D


Jackknife


Jamilla


Juliet Spin


Knee Spin


Poisson


Rockstar Spin


Secretary Seat


Side Saddle


Skater Spin


Superman

HIGH BEGINNER
23 moves


Attitude Spin


Back Hook


Body Rolls


Boomerang Spin


Chair Spin


Climb


Dip Turn


Dragonfly


Figurehead


Fireman Spin


Front Hook


Hip Hold


Inside Leg Hang


Inverted Crucifix

Martini

Outside Leg Hang

Pirouette

Pole Walk

Reverse Grab

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
20 moves

Allegra

Baby Snake

Ballerina

Caterpillar Climb

Chest Press Butterfly

Cross Knee Layback

Fan Kick

Foot Mount

Forearm Stand

Genie

Goddess

Hang Glider

Jade

Jasmine

Lady Seat

Scissor Seat

Shoulder Mount

Stargazer

Upright Crucifix

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	18 moves	23 moves	11 moves	20 moves	43 moves
		Side Climb		Wrist Seat	Gargoyle
		Snowflake			Helix
		Straddle Invert			Icarus
		Violator			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
8 moves	18 moves	23 moves	11 moves	20 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini