ms b Level Map

wash dc

Pole Level Mapper

NEWBIE
7 moves

- Back Hook
- Body Rolls
- Dip Turn
- Knee Spin
- Lady Seat
- Pirouette
- Pole Walk

LOW BEGINNER
6 moves

- Fireman Spin
- Front Hook
- Hollywood Spin
- Scissor Seat
- Secretary Seat
- Skater Spin

HIGH BEGINNER
26 moves

- Attitude Spin
- Baby Snake
- Ballerina
- Carousel Spin
- Chair Spin
- Climb
- Cradle Spin
- Cross Knee Layback
- Fan Kick
- Figurehead
- Forearm Stand
- Genie
- Goddess
- Jamilla
- Jasmine
- Juliet Spin
- Martini
- Rockstar Spin
- Side Climb

LOW INTERMEDIATE
27 moves

- Aerial Straddle Invert
- Air Walk
- Bee's Knees
- Boomerang Spin
- Brass Bridge
- Brass Monkey
- Cross Ankle Layback
- Cupid
- Dove
- Dragonfly
- Embrace
- Eros
- Flatline
- Hip Hold
- Inside Leg Hang
- Inverted Crucifix
- Marley
- Mercury
- Outside Leg Hang

HIGH INTERMEDIATE
19 moves

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

ADVANCED
38 moves

- A-Frame
- Advanced Plank
- Aerial Shoulder Mount
- Archer
- Batwing
- Bird of Paradise
- Broken Doll
- Chopsticks
- Cocoon
- Dangerous Bird
- Daredevil
- Deathlay
- Dragontail
- Duchess
- Eagle
- Flag
- Flying K
- Fonji
- Gargoyle

NEWBIE
7 moves

LOW BEGINNER
6 moves

HIGH BEGINNER
26 moves


Snowflake


Stargazer


Superman


Teddy


Upright Crucifix


Violator


Wrist Seat

LOW INTERMEDIATE
27 moves


Reiko Split


Remi Seat


Reverse Grab


Side Saddle


Sneaky V


Straddle Invert


Tulip


Upright Sailboat

HIGH INTERMEDIATE
19 moves

ADVANCED
38 moves


Helix


Icarus


Iguana


Iron X


Jallegra


Janeiro


Knee Bocker


Libellula


Meathook


Phoenix


Rainbow Marchenko


Rocketman


Russian Layback


Russian Split


Seahorse


Spatchcock


Starfish


Vortex


Yogini