Laura Koonce Level Map

Mohnton PA

Pole Level Mapper

NEWBIE
4 moves

- Body Rolls
- Dip Turn
- Pirouette
- Pole Walk

LOW BEGINNER
17 moves

- Attitude Spin
- Back Hook
- Carousel Spin
- Chair Spin
- Cradle Spin
- Fan Kick
- Fireman Spin
- Forearm Stand
- Front Hook
- Hollywood Spin
- Juliet Spin
- Knee Spin
- Lady Seat
- Rockstar Spin
- Secretary Seat
- Skater Spin
- Upright Crucifix

HIGH BEGINNER
12 moves

- Boomerang Spin
- Climb
- Genie
- Goddess
- Inverted Crucifix
- Jasmine
- Martini
- Reverse Grab
- Side Climb
- Snowflake
- Straddle Invert
- Violator

LOW INTERMEDIATE
18 moves

- Aerial Straddle Invert
- Air Walk
- Bee's Knees
- Cross Ankle Layback
- Dove
- Dragonfly
- Embrace
- Figurehead
- Flatline
- Hip Hold
- Inside Leg Hang
- Jamilla
- Mercury
- Outside Leg Hang
- Reiko Split
- Remi Seat
- Side Saddle
- Superman

HIGH INTERMEDIATE
25 moves

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

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	17 moves	12 moves	18 moves	25 moves	47 moves
				Poisson	Flag
				Scissor Seat	Flying K
				Shoulder Mount	Fonji
				Stargazer	Gargoyle
				Torso Switch	Helix
				Wrist Seat	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	17 moves	12 moves	18 moves	25 moves	47 moves


Seahorse


Sneaky V


Spatchcock


Starfish


Teddy


Tulip


Upright Sailboat


Vortex


Yogini