Moxie Level Map

Bloomington, IL

Pole Level Mapper

NEWBIE
12 moves

- Attitude Spin
- Back Hook
- Body Rolls
- Chair Spin
- Dip Turn
- Fireman Spin
- Front Hook
- Genie
- Goddess
- Jasmine
- Pirouette
- Pole Walk

LOW BEGINNER
8 moves

- Carousel Spin
- Cradle Spin
- Hollywood Spin
- Juliet Spin
- Knee Spin
- Rockstar Spin
- Secretary Seat
- Skater Spin

HIGH BEGINNER
12 moves

- Air Walk
- Baby Snake
- Ballerina
- Boomerang Spin
- Climb
- Lady Seat
- Reverse Grab
- Scissor Seat
- Side Climb
- Snowflake
- Upright Crucifix
- Wrist Seat

LOW INTERMEDIATE
18 moves

- Aerial Straddle Invert
- Cross Ankle Layback
- Cross Knee Layback
- Cupid
- Fan Kick
- Figurehead
- Flatline
- Foot Mount
- Forearm Stand
- Hip Hold
- Inside Leg Hang
- Jamilla
- Martini
- Outside Leg Hang
- Remi Seat
- Stargazer
- Upright Sailboat
- Violator

HIGH INTERMEDIATE
34 moves

- Advanced Plank
- Allegra
- Archer
- Ayesha
- Bee's Knees
- Butterfly
- Cheeba Split
- Chest Press Butterfly
- Chopsticks
- Dove
- Dragontail
- Duchess
- Embrace
- Extended Butterfly
- Gemini Climb
- Hang Glider
- Helix
- Icarus
- Inverted D

ADVANCED
39 moves

- A-Frame
- Aerial Shoulder Mount
- Batwing
- Bird of Paradise
- Brass Bridge
- Brass Monkey
- Broken Doll
- Caterpillar Climb
- Cocoon
- Dangerous Bird
- Daredevil
- Deathlay
- Dragonfly
- Eagle
- Eros
- Flag
- Flying K
- Fonji
- Gargoyle

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
12 moves	8 moves	12 moves	18 moves	34 moves	39 moves
				 Jackknife	 Iguana
				 Jade	 Inverted Crucifix
				 Knee Bocker	 Iron X
				 Leg Switch	 Jallegra
				 Machine Gun	 Janeiro
				 Marion Amber	 Libellula
				 Marley	 Meathook
				 Mercury	 Phoenix
				 Poisson	 Rainbow Marchenko
				 Reiko Split	 Rocketman
				 Side Saddle	 Russian Layback
				 Straddle Invert	 Russian Split
				 Superman	 Seahorse
				 Torso Switch	 Shoulder Mount
				 Vortex	 Sneaky V
					 Spatchcock
					 Starfish
					 Teddy
					 Tulip

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
12 moves	8 moves	12 moves	18 moves	34 moves	39 moves



Yogini