Hannah Williams Level Map

Pasadena, CA

Pole Level Mapper

NEWBIE
13 moves

- Attitude Spin
- Back Hook
- Body Rolls
- Chair Spin
- Dip Turn
- Fan Kick
- Fireman Spin
- Forearm Stand
- Front Hook
- Lady Seat
- Pirouette
- Pole Walk
- Upright Crucifix

LOW BEGINNER
16 moves

- Baby Snake
- Carousel Spin
- Cradle Spin
- Cross Knee Layback
- Genie
- Goddess
- Hollywood Spin
- Jasmine
- Juliet Spin
- Knee Spin
- Rockstar Spin
- Scissor Seat
- Secretary Seat
- Skater Spin
- Stargazer
- Wrist Seat

HIGH BEGINNER
23 moves

- Boomerang Spin
- Brass Bridge
- Brass Monkey
- Butterfly
- Climb
- Dragonfly
- Eros
- Extended Butterfly
- Figurehead
- Hip Hold
- Inside Leg Hang
- Inverted Crucifix
- Inverted D
- Jackknife
- Martini
- Outside Leg Hang
- Poisson
- Reverse Grab
- Side Climb

LOW INTERMEDIATE
20 moves

- Aerial Straddle Invert
- Air Walk
- Ayesha
- Bee's Knees
- Cheeba Split
- Cross Ankle Layback
- Dove
- Embrace
- Flatline
- Gemini Climb
- Jamilla
- Leg Switch
- Machine Gun
- Marion Amber
- Mercury
- Reiko Split
- Remi Seat
- Side Saddle
- Superman

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	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
13 moves	16 moves	23 moves	20 moves	8 moves	43 moves
		 Sneaky V	 Torso Switch		 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
13 moves	16 moves	23 moves	20 moves	8 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini