Ruth Byrne Level Map

Bray, WW

Pole Level Mapper

NEWBIE
0 moves

LOW BEGINNER
21 moves

-  Attitude Spin
-  Back Hook
-  Body Rolls
-  Carousel Spin
-  Chair Spin
-  Cradle Spin
-  Dip Turn
-  Fan Kick
-  Fireman Spin
- Forearm Stand
-  Front Hook
-  Hollywood Spin
-  Juliet Spin
-  Knee Spin
-  Lady Seat
-  Pirouette
-  Pole Walk
-  Rockstar Spin
-  Secretary Seat

HIGH BEGINNER
12 moves

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

LOW INTERMEDIATE
23 moves

-  Aerial Straddle Invert
-  Air Walk
-  Baby Snake
-  Butterfly
-  Cross Ankle Layback
-  Cross Knee Layback
-  Dragonfly
-  Embrace
-  Extended Butterfly
- Figurehead
- Flatline
- Hip Hold
- Inside Leg Hang
- Inverted D
- Jackknife
- Mercury
- Outside Leg Hang
- Poisson
- Reiko Split

HIGH INTERMEDIATE
20 moves

- Allegra
- Ayesha
- Ballerina
- Bee's Knees
- Caterpillar Climb
- Cheeba Split
- Chest Press Butterfly
- Dove
- Foot Mount
- Gemini Climb
- Hang Glider
- Jade
- Jamilla
- Leg Switch
- Machine Gun
- Marion Amber
- Shoulder Mount
- Side Saddle
- Superman

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
0 moves	21 moves	12 moves	23 moves	20 moves	47 moves
	 Skater Spin		 Remi Seat	 Torso Switch	 Flag
	 Upright Crucifix		 Scissor Seat		 Flying K
			 Stargazer		 Fonji
			 Wrist Seat		 Gargoyle
					 Helix
					 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
0 moves	21 moves	12 moves	23 moves	20 moves	47 moves


Seahorse


Sneaky V


Spatchcock


Starfish


Teddy


Tulip


Upright Sailboat


Vortex


Yogini