Main Street Pole Level Map

East Aurora NY

Pole Level Mapper

NEWBIE
5 moves

- Baby Snake
- Cross Knee Layback
- Scissor Seat
- Stargazer
- Wrist Seat

LOW BEGINNER
13 moves

- Attitude Spin
- Back Hook
- Carousel Spin
- Chair Spin
- Cradle Spin
- Fireman Spin
- Front Hook
- Hollywood Spin
- Juliet Spin
- Knee Spin
- Rockstar Spin
- Secretary Seat
- Skater Spin

HIGH BEGINNER
21 moves

- Bee's Knees
- Body Rolls
- Boomerang Spin
- Climb
- Dip Turn
- Dove
- Genie
- Goddess
- Inverted Crucifix
- Jamilla
- Jasmine
- Martini
- Pirouette
- Pole Walk
- Reverse Grab
- Side Climb
- Side Saddle
- Snowflake
- Straddle Invert

LOW INTERMEDIATE
18 moves

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

HIGH INTERMEDIATE
15 moves

- Allegra
- Ballerina
- Caterpillar Climb
- Chest Press Butterfly
- Fan Kick
- Foot Mount
- Forearm Stand
- Gemini Climb
- Hang Glider
- Jade
- Lady Seat
- Leg Switch
- Shoulder Mount
- Torso Switch
- Upright Crucifix

ADVANCED
51 moves

- A-Frame
- Advanced Plank
- Aerial Shoulder Mount
- Archer
- Ayesha
- Batwing
- Bird of Paradise
- Brass Bridge
- Brass Monkey
- Broken Doll
- Cheeba Split
- Chopsticks
- Cocoon
- Cupid
- Dangerous Bird
- Daredevil
- Deathlay
- Dragontail
- Duchess

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
5 moves	13 moves	21 moves	18 moves	15 moves	51 moves
		Superman			Eagle
		Violator			Eros
					Flag
					Flying K
					Fonji
					Gargoyle
					Helix
					Icarus
					Iguana
					Iron X
					Jallegra
					Janeiro
					Knee Bocker
					Libellula
					Machine Gun
					Marion Amber
					Marley
					Meathook
					Phoenix

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
5 moves	13 moves	21 moves	18 moves	15 moves	51 moves


Rainbow Marchenko


Rocketman


Russian Layback


Russian Split


Seahorse


Sneaky V


Spatchcock


Starfish


Teddy


Tulip


Upright Sailboat


Vortex


Yogini