Fox Level Map

Seattle, WA

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
22 moves

- Baby Snake
- Boomerang Spin
- Climb
- Cross Knee Layback
- Dragonfly
- Figurehead
- Genie
- Goddess
- Hip Hold
- Inside Leg Hang
- Inverted Crucifix
- Jasmine
- Martini
- Outside Leg Hang
- Reverse Grab
- Scissor Seat
- Side Climb
- Snowflake
- Stargazer

LOW INTERMEDIATE
29 moves

- Aerial Straddle Invert
- Air Walk
- Ayesha
- Bee's Knees
- Brass Bridge
- Brass Monkey
- Butterfly
- Cheeba Split
- Cross Ankle Layback
- Dove
- Embrace
- Eros
- Extended Butterfly
- Flatline
- Gemini Climb
- Inverted D
- Jackknife
- Jamilla
- Leg Switch

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
4 moves	17 moves	22 moves	29 moves	8 moves	43 moves
		 Straddle Invert	 Machine Gun		 Gargoyle
		 Violator	 Marion Amber		 Helix
		 Wrist Seat	 Mercury		 Icarus
			 Poisson		 Iguana
			 Reiko Split		 Iron X
			 Remi Seat		 Jallegra
			 Side Saddle		 Janeiro
			 Sneaky V		 Knee Bocker
			 Superman		 Libellula
			 Torso Switch		 Marley
					 Meathook
					 Phoenix
					 Rainbow Marchenko
					 Rocketman
					 Russian Layback
					 Russian Split
					 Seahorse
					 Spatchcock
					 Starfish

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	17 moves	22 moves	29 moves	8 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini