Destiny Bondra Level Map

Bridgeport, PA

Pole Level Mapper

NEWBIE
9 moves

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

LOW BEGINNER
13 moves

- Bee's Knees
- Carousel Spin
- Cradle Spin
- Dove
- Hollywood Spin
- Jamilla
- Juliet Spin
- Knee Spin
- Rockstar Spin
- Secretary Seat
- Side Saddle
- Skater Spin
- Superman

HIGH BEGINNER
12 moves

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

LOW INTERMEDIATE
16 moves

- Aerial Straddle Invert
- Air Walk
- Brass Bridge
- Brass Monkey
- Cross Ankle Layback
- Embrace
- Eros
- Fan Kick
- Flatline
- Forearm Stand
- Lady Seat
- Mercury
- Reiko Split
- Remi Seat
- Sneaky V
- Upright Crucifix

HIGH INTERMEDIATE
22 moves

- Allegra
- Ayesha
- Ballerina
- Butterfly
- Caterpillar Climb
- Cheeba Split
- Chest Press Butterfly
- Dragonfly
- Extended Butterfly
- Figurehead
- Foot Mount
- Hang Glider
- Hip Hold
- Inside Leg Hang
- Inverted D
- Jackknife
- Jade
- Machine Gun
- Marion Amber

ADVANCED
51 moves

- A-Frame
- Advanced Plank
- Aerial Shoulder Mount
- Archer
- Baby Snake
- Batwing
- Bird of Paradise
- Broken Doll
- Chopsticks
- Cocoon
- Cross Knee Layback
- Cupid
- Dangerous Bird
- Daredevil
- Deathlay
- Dragontail
- Duchess
- Eagle
- Flag

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
9 moves	13 moves	12 moves	16 moves	22 moves	51 moves
				 Outside Leg Hang	 Flying K
				 Poisson	 Fonji
				 Shoulder Mount	 Gargoyle
					 Gemini Climb
					 Helix
					 Icarus
					 Iguana
					 Iron X
					 Jallegra
					 Janeiro
					 Knee Bocker
					 Leg Switch
					 Libellula
					 Marley
					 Meathook
					 Phoenix
					 Rainbow Marchenko
					 Rocketman
					 Russian Layback

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
9 moves	13 moves	12 moves	16 moves	22 moves	51 moves


Russian Split


Scissor Seat


Seahorse


Spatchcock


Starfish


Stargazer


Teddy


Torso Switch


Tulip


Upright Sailboat


Vortex


Wrist Seat


Yogini