Donohue Castle Level Map

Pawtucket RI

Pole Level Mapper

NEWBIE
6 moves

- Back Hook
- Body Rolls
- Dip Turn
- Front Hook
- Pirouette
- Pole Walk

LOW BEGINNER
19 moves

- Attitude Spin
- Baby Snake
- Chair Spin
- Cradle Spin
- Cross Knee Layback
- Fan Kick
- Fireman Spin
- Forearm Stand
- Hollywood Spin
- Jasmine
- Knee Spin
- Lady Seat
- Rockstar Spin
- Scissor Seat
- Secretary Seat
- Skater Spin
- Stargazer
- Upright Crucifix
- Wrist Seat

HIGH BEGINNER
22 moves

- Bee's Knees
- Boomerang Spin
- Carousel Spin
- Climb
- Dove
- Dragonfly
- Figurehead
- Genie
- Goddess
- Hip Hold
- Inside Leg Hang
- Inverted Crucifix
- Jamilla
- Juliet Spin
- Martini
- Outside Leg Hang
- Side Climb
- Side Saddle
- Snowflake

LOW INTERMEDIATE
21 moves

- Advanced Plank
- Aerial Straddle Invert
- Air Walk
- Brass Monkey
- Butterfly
- Caterpillar Climb
- Cross Ankle Layback
- Cupid
- Embrace
- Extended Butterfly
- Flatline
- Gemini Climb
- Helix
- Inverted D
- Jade
- Leg Switch
- Reiko Split
- Remi Seat
- Reverse Grab

HIGH INTERMEDIATE
18 moves

- Aerial Shoulder Mount
- Allegra
- Ballerina
- Brass Bridge
- Chest Press Butterfly
- Chopsticks
- Duchess
- Eros
- Flag
- Foot Mount
- Hang Glider
- Jackknife
- Marley
- Mercury
- Poisson
- Sneaky V
- Torso Switch
- Tulip

ADVANCED
37 moves

- A-Frame
- Archer
- Ayesha
- Batwing
- Bird of Paradise
- Broken Doll
- Cheeba Split
- Cocoon
- Dangerous Bird
- Daredevil
- Deathlay
- Dragontail
- Eagle
- Flying K
- Fonji
- Gargoyle
- Icarus
- Iguana
- Iron X

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
6 moves	19 moves	22 moves	21 moves	18 moves	37 moves
		 Straddle Invert	 Shoulder Mount		 Jallegra
		 Superman	 Teddy		 Janeiro
		 Violator			 Knee Bocker
					 Libellula
					 Machine Gun
					 Marion Amber
					 Meathook
					 Phoenix
					 Rainbow Marchenko
					 Rocketman
					 Russian Layback
					 Russian Split
					 Seahorse
					 Spatchcock
					 Starfish
					 Upright Sailboat
					 Vortex
					 Yogini