Mary Z Level Map

San Jose CA

Pole Level Mapper

NEWBIE
13 moves

- Attitude Spin
- Back Hook
- Body Rolls
- Chair Spin
- Dip Turn
- Fan Kick
- Fireman Spin
- Forearm Stand
- Front Hook
- Lady Seat
- Pirouette
- Pole Walk
- Upright Crucifix

LOW BEGINNER
11 moves

- Carousel Spin
- Cradle Spin
- Genie
- Goddess
- Hollywood Spin
- Jasmine
- Juliet Spin
- Knee Spin
- Rockstar Spin
- Secretary Seat
- Skater Spin

HIGH BEGINNER
19 moves

- Baby Snake
- Boomerang Spin
- Climb
- Cross Knee Layback
- Dragonfly
- Figurehead
- Hip Hold
- Inside Leg Hang
- Inverted Crucifix
- Martini
- Outside Leg Hang
- Reverse Grab
- Scissor Seat
- Side Climb
- Snowflake
- Stargazer
- Straddle Invert
- Violator
- Wrist Seat

LOW INTERMEDIATE
25 moves

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

HIGH INTERMEDIATE
8 moves

- Allegra
- Ballerina
- Caterpillar Climb
- Chest Press Butterfly
- Foot Mount
- Hang Glider
- Jade
- Shoulder Mount

ADVANCED
47 moves

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

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
13 moves	11 moves	19 moves	25 moves	8 moves	47 moves
			Reiko Split		Flying K
			Remi Seat		Fonji
			Side Saddle		Gargoyle
			Sneaky V		Helix
			Superman		Icarus
			Torso Switch		Iguana
					Iron X
					Jallegra
					Janeiro
					Knee Bocker
					Libellula
					Machine Gun
					Marion Amber
					Marley
					Meathook
					Phoenix
					Rainbow Marchenko
					Rocketman
					Russian Layback

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Russian Split


Seahorse


Spatchcock


Starfish


Teddy


Tulip


Upright Sailboat


Vortex


Yogini