# Emily Ward Level Map

Oceanside, California

Pole Level Mapper

## NEWBIE
4 moves

-  Body Rolls
-  Dip Turn
-  Pirouette
-  Pole Walk

## LOW BEGINNER
16 moves

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

## HIGH BEGINNER
14 moves

-  Bee's Knees
-  Boomerang Spin
-  Climb
-  Dove
-  Inverted Crucifix
-  Jamilla
-  Martini
-  Reverse Grab
-  Side Climb
-  Side Saddle
-  Snowflake
-  Straddle Invert
-  Superman
-  Violator

## LOW INTERMEDIATE
12 moves

-  Aerial Straddle Invert
-  Air Walk
-  Cross Ankle Layback
-  Embrace
-  Fan Kick
-  Flatline
-  Forearm Stand
-  Lady Seat
-  Mercury
-  Reiko Split
-  Remi Seat
-  Upright Crucifix

## HIGH INTERMEDIATE
22 moves

-  Allegra
-  Baby Snake
-  Ballerina
-  Brass Bridge
-  Brass Monkey
-  Caterpillar Climb
-  Chest Press Butterfly
-  Cross Knee Layback
-  Dragonfly
-  Eros
-  Figurehead
-  Foot Mount
-  Hang Glider
-  Hip Hold
-  Inside Leg Hang
-  Jade
-  Outside Leg Hang
-  Scissor Seat
-  Shoulder Mount

## ADVANCED
55 moves

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

| NEWBIE | LOW BEGINNER | HIGH BEGINNER | LOW INTERMEDIATE | HIGH INTERMEDIATE | ADVANCED |
|---|---|---|---|---|---|
| 4 moves | 16 moves | 14 moves | 12 moves | 22 moves | 55 moves |
| | | | |  Sneaky V |  Extended Butterfly |
| | | | |  Stargazer |  Flag |
| | | | |  Wrist Seat |  Flying K |
| | | | | |  Fonji |
| | | | | |  Gargoyle |
| | | | | |  Gemini Climb |
| | | | | |  Helix |
| | | | | |  Icarus |
| | | | | |  Iguana |
| | | | | |  Inverted D |
| | | | | |  Iron X |
| | | | | |  Jackknife |
| | | | | |  Jallegra |
| | | | | |  Janeiro |
| | | | | |  Knee Bocker |
| | | | | |  Leg Switch |
| | | | | |  Libellula |
| | | | | |  Machine Gun |
| | | | | |  Marion Amber |

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Marley


Meathook


Phoenix


Poisson


Rainbow Marchenko


Rocketman


Russian Layback


Russian Split


Seahorse


Spatchcock


Starfish


Teddy


Torso Switch


Tulip


Upright Sailboat


Vortex


Yogini