# Vesper Level Map

Atlanta, GA

Pole Level Mapper

## NEWBIE
7 moves

- Back Slide
- Body Rolls
- Camel Rock (Figure 8)
- Dip Turn
- Pole Walk
- Sleeping Beauty
- Sumo Plie

## LOW BEGINNER
37 moves

- Attitude Spin
- Back Hook
- Bam
- Barrel Roll
- Boomerang Spin
- Cannonball Spin
- Carousel Spin
- Chair Spin
- Cradle Spin
- Cradle Up
- Cyclone Spin
- Elevator
- Fan Kick
- Fireman Spin
- Foot Clutch
- Forearm Stand
- Front Hook
- Hollywood Spin
- Invert

## HIGH BEGINNER
42 moves

- Advanced Plank
- Baby Snake
- Boomerang Spin
- Bottlerocket
- Climb
- Corkscrew Spin
- Cross Knee Layback
- Deja Vu (Front Hook to Fireman)
- Diamond Pirouette
- Dollar Pick-Up
- Dragonfly
- Figurehead
- Firestorm Spin (Chair to Back Hook to Bam)
- Flexin & Finessin (Extended Fireman pivot to Back Hook)
- Genie
- Goddess
- Helicopter Spin
- Hip Hold
- Inside Leg Hang

## LOW INTERMEDIATE
50 moves

- Aerial Straddle Invert
- Air Walk
- Albatross
- Ayesha
- Ballerina
- Bee's Knees
- Buddha
- Butterfly
- Chopsticks
- Cross Ankle Layback
- Divine Circle (Fairy to Back Hook)
- Dove
- Embrace
- Extended Butterfly
- Firestarter (moving Scor-pio/Gemini)
- Fish Flop
- Flag
- Flatline
- Gemini Climb

## HIGH INTERMEDIATE
26 moves

- Allegra
- Archer
- Brass Monkey
- Brass Monkey Split
- Brass Sit Split
- Caterpillar Climb
- Cheeba Split
- Chest Press Butterfly
- Cupid
- Eros
- Fallen Star
- Foot Mount
- Hang Glider
- Knee Bocker
- Machine Gun
- Marion Amber
- Matrix Split
- Russian Layback
- Shoulder Mount

## ADVANCED
31 moves

- A-Frame
- Aerial Shoulder Mount
- Batwing
- Bird of Paradise
- Brass Bridge
- Broken Doll
- Cocoon
- Dangerous Bird
- Daredevil
- Deathlay
- Dragontail
- Duchess
- Eagle
- Flying K
- Fonji
- Gargoyle
- Helix
- Icarus
- Iron X

## NEWBIE
7 moves

## LOW BEGINNER
37 moves


Jasmine


Juliet Spin


Knee Spin


Lady Seat


Long Sit


Martini Kick Dismount


Pirouette


Popping Handstand


Secretary Seat


Shedding Snake Dismount


Showgirl Spin


Skater Spin


Snake


Spinning Ankle Grab


Thread the Needle


Toe Touch


U-Turn


Upright Crucifix

## HIGH BEGINNER
42 moves


Inverted Crucifix


Nutcracker


Outside Leg Hang


Pencil Spin


Pin-Up Girl Dismount


Pirouette to Reverse Supergirl


Pole Split


Rainbow Arch


Rockstar Spin


Scissor Seat


Showgirl Spin


Side Climb


Snowflake


Split Grip Spider Legs


Star (from Genie)


Straddle Invert


Sunrise


Sunset Spin


Thigh Grab

## LOW INTERMEDIATE
50 moves


Handspring


Iguana


Inverted D


Jackknife


Jade


Jade Star


Jamilla


Layout Bridge


Leg Switch


Magic City


Marley


Martini


Mercury


Open Thigh Hold


Poisson


Reiko Split


Remi Seat


Reverse Cradle


Reverse Grab

## HIGH INTERMEDIATE
26 moves


Sneaky V


Titanic


Tulip


Twisted Sister


Twistout


Vortex


Yogini

## ADVANCED
31 moves


Jallegra


Janeiro


Libellula


Meathook


Phoenix


Rainbow Marchenko


Rocketman


Russian Split


Satelite


Seahorse


Spatchcock


Starfish

| NEWBIE | LOW BEGINNER | HIGH BEGINNER | LOW INTERMEDIATE | HIGH INTERMEDIATE | ADVANCED |
|---|---|---|---|---|---|
| 7 moves | 37 moves | 42 moves | 50 moves | 26 moves | 31 moves |
| | | Twister (Chair to Back Hook) | Side Saddle | | |
| | | Upside-Down Cake | Stargazer | | |
| | | Whip Appeal | Superman | | |
| | | Wrist Seat | Teddy | | |
| | | | Torso Switch | | |
| | | | Trap Split | | |
| | | | Triangle Knot | | |
| | | | Underhand Roll to Superman | | |
| | | | Unicorn | | |
| | | | Unicorn Split | | |
| | | | Upright Sailboat | | |
| | | | Violator | | |