Madeleine Mfuru Level Map

Brooklyn, NY

Pole Level Mapper

NEWBIE
7 moves

- Body Rolls
- Dip Turn
- Genie
- Goddess
- Jasmine
- Pirouette
- Pole Walk

LOW BEGINNER
12 moves

- Carousel Spin
- Cradle Spin
- Fan Kick
- Forearm Stand
- Hollywood Spin
- Juliet Spin
- Knee Spin
- Lady Seat
- Rockstar Spin
- Secretary Seat
- Skater Spin
- Upright Crucifix

HIGH BEGINNER
19 moves

- Attitude Spin
- Baby Snake
- Back Hook
- Boomerang Spin
- Chair Spin
- Climb
- Cross Knee Layback
- Fireman Spin
- Front Hook
- Inverted Crucifix
- Martini
- Reverse Grab
- Scissor Seat
- Side Climb
- Snowflake
- Stargazer
- Straddle Invert
- Violator
- Wrist Seat

LOW INTERMEDIATE
18 moves

- Aerial Straddle Invert
- Air Walk
- Bee's Knees
- Cross Ankle Layback
- Dove
- Dragonfly
- Embrace
- Figurehead
- Flatline
- Hip Hold
- Inside Leg Hang
- Jamilla
- Mercury
- Outside Leg Hang
- Reiko Split
- Remi Seat
- Side Saddle
- Superman

HIGH INTERMEDIATE
11 moves

- Allegra
- Ballerina
- Caterpillar Climb
- Chest Press Butterfly
- Foot Mount
- Gemini Climb
- Hang Glider
- Jade
- Leg Switch
- Shoulder Mount
- Torso Switch

ADVANCED
56 moves

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

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
7 moves	12 moves	19 moves	18 moves	11 moves	56 moves


Duchess


Eagle


Eros


Extended Butterfly


Flag


Flying K


Fonji


Gargoyle


Helix


Icarus


Iguana


Inverted D


Iron X


Jackknife


Jallegra


Janeiro


Knee Bocker


Libellula

Machine Gun

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
7 moves	12 moves	19 moves	18 moves	11 moves	56 moves


Marion Amber


Marley


Meathook


Phoenix


Poisson


Rainbow Marchenko


Rocketman


Russian Layback


Russian Split


Seahorse


Sneaky V


Spatchcock


Starfish


Teddy


Tulip


Upright Sailboat


Vortex


Yogini