F&F Level Map

Maastricht, NL

Pole Level Mapper

NEWBIE
4 moves

- Body Rolls
- Dip Turn
- Pirouette
- Pole Walk

LOW BEGINNER
15 moves

- Cradle Spin
- Fan Kick
- Fireman Spin
- Forearm Stand
- Front Hook
- Genie
- Goddess
- Hollywood Spin
- Jasmine
- Knee Spin
- Lady Seat
- Rockstar Spin
- Secretary Seat
- Skater Spin
- Upright Crucifix

HIGH BEGINNER
20 moves

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

LOW INTERMEDIATE
25 moves

- Aerial Straddle Invert
- Air Walk
- Bee's Knees
- Brass Bridge
- Brass Monkey
- Butterfly
- Cross Ankle Layback
- Dove
- Dragonfly
- Embrace
- Eros
- Flatline
- Hip Hold
- Inside Leg Hang
- Inverted D
- Jackknife
- Jamilla
- Mercury
- Outside Leg Hang

HIGH INTERMEDIATE
12 moves

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

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
4 moves	15 moves	20 moves	25 moves	12 moves	47 moves
		 Wrist Seat	 Poisson	 Flying K	
			 Reiko Split	 Fonji	
			 Remi Seat	 Gargoyle	
			 Side Saddle	 Helix	
			 Sneaky V	 Icarus	
			 Superman	 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