Quy Martina Nguyen Level Map

Bochum

Pole Level Mapper

NEWBIE
0 moves

LOW BEGINNER
17 moves


Attitude Spin


Back Hook


Carousel Spin


Chair Spin


Cradle Spin


Fan Kick


Fireman Spin

Forearm Stand


Front Hook


Hollywood Spin


Juliet Spin


Knee Spin


Lady Seat


Rockstar Spin


Secretary Seat


Skater Spin


Upright Crucifix

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
21 moves


Aerial Straddle Invert


Air Walk


Bee's Knees


Butterfly

Cross Ankle Layback

Dove

Embrace

Extended Butterfly

Flatline

Gemini Climb

Inverted D

Jackknife

Jamilla

Leg Switch

Mercury

Poisson

Reiko Split

Remi Seat

Side Saddle

HIGH INTERMEDIATE
19 moves

Allegra

Ayesha

Ballerina

Brass Bridge

Brass Monkey

Caterpillar Climb

Cheeba Split

Chest Press Butterfly

Eros

Foot Mount

Genie

Goddess

Hang Glider

Jade

Jasmine

Machine Gun

Marion Amber

Shoulder Mount

Sneaky V

ADVANCED
47 moves

A-Frame

Advanced Plank

Aerial Shoulder Mount

Archer

Batwing

Bird of Paradise

Body Rolls

Broken Doll

Chopsticks

Cocoon

Cupid

Dangerous Bird

Daredevil

Deathlay

Dip Turn

Dragontail

Duchess

Eagle

Flag

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
0 moves	17 moves	19 moves	21 moves	19 moves	47 moves
			Superman		Flying K
			Torso Switch		Fonji
					Gargoyle
					Helix
					Icarus
					Iguana
					Iron X
					Jallegra
					Janeiro
					Knee Bocker
					Libellula
					Marley
					Meathook
					Phoenix
					Pirouette
					Pole Walk
					Rainbow Marchenko
					Rocketman
					Russian Layback

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
0 moves	17 moves	19 moves	21 moves	19 moves	47 moves


Russian Split


Seahorse


Spatchcock


Starfish


Teddy


Tulip


Upright Sailboat


Vortex


Yogini