# Ashley Woncheck Level Map

Naples

Pole Level Mapper

## NEWBIE
4 moves

- Body Rolls
- Dip Turn
- Pirouette
- Pole Walk

## 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
17 moves

- Baby Snake
- Boomerang Spin
- Climb
- Cross Knee Layback
- Genie
- Goddess
- Inverted Crucifix
- Jasmine
- Martini
- Reverse Grab
- Scissor Seat
- Side Climb
- Snowflake
- Stargazer
- Straddle Invert
- Violator
- Wrist Seat

## LOW INTERMEDIATE
27 moves

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

## HIGH INTERMEDIATE
15 moves

- Allegra
- Ayesha
- Ballerina
- Caterpillar Climb
- Cheeba Split
- Chest Press Butterfly
- Foot Mount
- Gemini Climb
- Hang Glider
- Jade
- Leg Switch
- Machine Gun
- Marion Amber
- Shoulder Mount
- Torso Switch

## ADVANCED
43 moves

- A-Frame
- Advanced Plank
- Aerial Shoulder Mount
- Archer
- Batwing
- Bird of Paradise
- Broken Doll
- Chopsticks
- Cocoon
- Cupid
- Dangerous Bird
- Daredevil
- Deathlay
- Dragontail
- Duchess
- Eagle
- Flag
- Flying K
- Fonji

| NEWBIE | LOW BEGINNER | HIGH BEGINNER | LOW INTERMEDIATE | HIGH INTERMEDIATE | ADVANCED |
|---|---|---|---|---|---|
| 4 moves | 17 moves | 17 moves | 27 moves | 15 moves | 43 moves |
| | | | Mercury | | Gargoyle |
| | | | Outside Leg Hang | | Helix |
| | | | Poisson | | Icarus |
| | | | Reiko Split | | Iguana |
| | | | Remi Seat | | Iron X |
| | | | Side Saddle | | Jallegra |
| | | | Sneaky V | | Janeiro |
| | | | Superman | | Knee Bocker |
| | | | | | Libellula |
| | | | | | Marley |
| | | | | | Meathook |
| | | | | | Phoenix |
| | | | | | Rainbow Marchenko |
| | | | | | Rocketman |
| | | | | | Russian Layback |
| | | | | | Russian Split |
| | | | | | Seahorse |
| | | | | | Spatchcock |
| | | | | | Starfish |

| NEWBIE | LOW BEGINNER | HIGH BEGINNER | LOW INTERMEDIATE | HIGH INTERMEDIATE | ADVANCED |
| --- | --- | --- | --- | --- | --- |
| 4 moves | 17 moves | 17 moves | 27 moves | 15 moves | 43 moves |



Teddy



Tulip



Upright Sailboat



Vortex



Yogini