Vanessa Bell Level Map

Portland, OR

Pole Level Mapper

NEWBIE
4 moves

-  Ayesha
-  Cheeba Split
-  Machine Gun
-  Marion Amber

LOW BEGINNER
12 moves

-  Brass Bridge
-  Brass Monkey
-  Carousel Spin
-  Cradle Spin
-  Eros
-  Hollywood Spin
-  Juliet Spin
-  Knee Spin
-  Rockstar Spin
-  Secretary Seat
-  Skater Spin
-  Sneaky V

HIGH BEGINNER
14 moves

-  Attitude Spin
-  Back Hook
-  Boomerang Spin
-  Chair Spin
-  Climb
-  Fireman Spin
-  Front Hook
-  Inverted Crucifix
-  Martini
-  Reverse Grab
-  Side Climb
-  Snowflake
-  Straddle Invert
-  Violator

LOW INTERMEDIATE
24 moves

-  Aerial Straddle Invert
-  Air Walk
-  Body Rolls
-  Butterfly
-  Cross Ankle Layback
-  Dip Turn
-  Embrace
-  Extended Butterfly
-  Fan Kick
-  Flatline
- Forearm Stand
- Genie
- Goddess
- Inverted D
- Jackknife
- Jasmine
- Lady Seat
- Mercury
- Pirouette

HIGH INTERMEDIATE
23 moves

- Allegra
- Baby Snake
- Ballerina
- Bee's Knees
- Caterpillar Climb
- Chest Press Butterfly
- Cross Knee Layback
- Dove
- Dragonfly
- Figurehead
- Foot Mount
- Hang Glider
- Hip Hold
- Inside Leg Hang
- Jade
- Jamilla
- Outside Leg Hang
- Scissor Seat
- Shoulder Mount

ADVANCED
46 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	12 moves	14 moves	24 moves	23 moves	46 moves
			 Poisson	 Side Saddle	 Gargoyle
			 Pole Walk	 Stargazer	 Gemini Climb
			 Reiko Split	 Superman	 Helix
			 Remi Seat	 Wrist Seat	 Icarus
			 Upright Crucifix		 Iguana
					 Iron X
					 Jallegra
					 Janeiro
					 Knee Bocker
					 Leg Switch
					 Libellula
					 Marley
					 Meathook
					 Phoenix
					 Rainbow Marchenko
					 Rocketman
					 Russian Layback
					 Russian Split
					 Seahorse

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
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Spatchcock


Starfish


Teddy


Torso Switch


Tulip


Upright Sailboat


Vortex


Yogini