Odett Vámos Level Map

Budapest

Pole Level Mapper

NEWBIE
5 moves

- Body Rolls
- Dip Turn
- Knee Spin
- Pirouette
- Pole Walk

LOW BEGINNER
15 moves

- Attitude Spin
- Back Hook
- Carousel Spin
- Chair Spin
- Cradle Spin
- Fireman Spin
- Front Hook
- Goddess
- Hollywood Spin
- Jasmine
- Juliet Spin
- Rockstar Spin
- Secretary Seat
- Skater Spin
- Snowflake

HIGH BEGINNER
22 moves

- Baby Snake
- Bee's Knees
- Boomerang Spin
- Climb
- Cross Knee Layback
- Dove
- Fan Kick
- Forearm Stand
- Genie
- Jamilla
- Lady Seat
- Martini
- Reverse Grab
- Scissor Seat
- Side Climb
- Side Saddle
- Stargazer
- Straddle Invert
- Superman

LOW INTERMEDIATE
13 moves

- Aerial Straddle Invert
- Air Walk
- Cross Ankle Layback
- Dragonfly
- Embrace
- Figurehead
- Flatline
- Hip Hold
- Inside Leg Hang
- Inverted Crucifix
- Mercury
- Outside Leg Hang
- Remi Seat

HIGH INTERMEDIATE
19 moves

- Allegra
- Ayesha
- Ballerina
- Brass Bridge
- Brass Monkey
- Caterpillar Climb
- Cheeba Split
- Chest Press Butterfly
- Eros
- Foot Mountu
- Gemini Climb
- Hang Glider
- Jade
- Leg Switch
- Machine Gun
- Marion Amber
- Shoulder Mount
- Sneaky V
- Torso Switch

ADVANCED
49 moves

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

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
5 moves	15 moves	22 moves	13 moves	19 moves	49 moves
		Upright Crucifix			Flying K
		Violator			Fonji
		Wrist Seat			Gargoyle
					Helix
					Icarus
					Iguana
					Inverted D
					Iron X
					Jackknife
					Jallegra
					Janeiro
					Knee Bocker
					Libellula
					Marley
					Meathook
					Phoenix
					Poisson
					Rainbow Marchenko
					Reiko Split

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
5 moves	15 moves	22 moves	13 moves	19 moves	49 moves


Rocketman


Russian Layback


Russian Split


Seahorse


Spatchcock


Starfish


Teddy


Tulip


Upright Sailboat


Vortex


Yogini