Jenn arnold Level Map

Madison,wi

Pole Level Mapper

NEWBIE
0 moves

LOW BEGINNER
12 moves


Carousel Spin


Cradle Spin


Fan Kick

Forearm Stand


Hollywood Spin


Juliet Spin


Knee Spin


Lady Seat


Rockstar Spin


Secretary Seat


Skater Spin


Upright Crucifix

HIGH BEGINNER
21 moves


Attitude Spin


Back Hook


Body Rolls


Boomerang Spin


Chair Spin


Climb


Dip Turn


Fireman Spin


Front Hook


Genie


Goddess


Inverted Crucifix


Jasmine


Martini


Pirouette


Pole Walk


Reverse Grab


Side Climb


Snowflake

LOW INTERMEDIATE
8 moves


Aerial Straddle Invert


Air Walk


Cross Ankle Layback


Embrace


Flatline


Mercury


Reiko Split


Remi Seat

HIGH INTERMEDIATE
26 moves


Allegra

Ayesha

Ballerina

Bee's Knees

Brass Bridge

Brass Monkey

Butterfly

Caterpillar Climb

Cheeba Split

Chest Press Butterfly

Dove

Eros

Extended Butterfly

Foot Mount

Hang Glider

Inverted D

Jackknife

Jade

Jamilla

ADVANCED
56 moves

A-Frame

Advanced Plank

Aerial Shoulder Mount

Archer

Baby Snake

Batwing

Bird of Paradise

Broken Doll

Chopsticks

Cocoon

Cross Knee Layback

Cupid

Dangerous Bird

Daredevil

Deathlay

Dragonfly

Dragontail

Duchess

Eagle

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
0 moves	12 moves	21 moves	8 moves	26 moves	56 moves
		Straddle Invert		Machine Gun	Figurehead
		Violator		Marion Amber	Flag
				Poisson	Flying K
				Shoulder Mount	Fonji
				Side Saddle	Gargoyle
				Sneaky V	Gemini Climb
				Superman	Helix
					Hip Hold
					Icarus
					Iguana
					Inside Leg Hang
					Iron X
					Jallegra
					Janeiro
					Knee Bocker
					Leg Switch
					Libellula
					Marley
					Meathook

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
0 moves	12 moves	21 moves	8 moves	26 moves	56 moves


Outside Leg Hang


Phoenix


Rainbow Marchenko


Rocketman


Russian Layback


Russian Split


Scissor Seat


Seahorse


Spatchcock


Starfish


Stargazer


Teddy


Torso Switch


Tulip


Upright Sailboat


Vortex


Wrist Seat


Yogini