Gretchen Rundorff Level Map

Johnstown

Pole Level Mapper

NEWBIE
14 moves

- Attitude Spin
- Back Hook
- Bee's Knees
- Chair Spin
- Dove
- Fan Kick
- Fireman Spin
- Forearm Stand
- Front Hook
- Jamilla
- Lady Seat
- Side Saddle
- Superman
- Upright Crucifix

LOW BEGINNER
8 moves

- Carousel Spin
- Cradle Spin
- Hollywood Spin
- Juliet Spin
- Knee Spin
- Rockstar Spin
- Secretary Seat
- Skater Spin

HIGH BEGINNER
18 moves

- Baby Snake
- Body Rolls
- Boomerang Spin
- Climb
- Cross Knee Layback
- Dip Turn
- Inverted Crucifix
- Martini
- Pirouette
- Pole Walk
- Reverse Grab
- Scissor Seat
- Side Climb
- Snowflake
- Stargazer
- Straddle Invert
- Violator
- Wrist Seat

LOW INTERMEDIATE
21 moves

- Aerial Straddle Invert
- Air Walk
- Butterfly
- Cross Ankle Layback
- Dragonfly
- Embrace
- Extended Butterfly
- Figurehead
- Flatline
- Genie
- Goddess
- Hip Hold
- Inside Leg Hang
- Inverted D
- Jackknife
- Jasmine
- Mercury
- Outside Leg Hang
- Poisson

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
47 moves

- A-Frame
- Advanced Plank
- Aerial Shoulder Mount
- Archer
- Batwing
- Bird of Paradise
- Brass Bridge
- Brass Monkey
- Broken Doll
- Chopsticks
- Cocoon
- Cupid
- Dangerous Bird
- Daredevil
- Deathlay
- Dragontail
- Duchess
- Eagle
- Eros

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
14 moves	8 moves	18 moves	21 moves	15 moves	47 moves
			Reiko Split		Flag
			Remi Seat		Flying K
					Fonji
					Gargoyle
					Helix
					Icarus
					Iguana
					Iron X
					Jallegra
					Janeiro
					Knee Bocker
					Libellula
					Marley
					Meathook
					Phoenix
					Rainbow Marchenko
					Rocketman
					Russian Layback
					Russian Split

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
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Seahorse


Sneaky V


Spatchcock


Starfish


Teddy


Tulip


Upright Sailboat


Vortex


Yogini