The Bar Level Map

Bellingham, MA

Pole Level Mapper

NEWBIE
8 moves

- Body Rolls
- Dip Turn
- Fan Kick
- Forearm Stand
- Lady Seat
- Pirouette
- Pole Walk
- Upright Crucifix

LOW BEGINNER
16 moves

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

HIGH BEGINNER
14 moves

- Boomerang Spin
- Climb
- Dragonfly
- Figurehead
- Hip Hold
- Inside Leg Hang
- Inverted Crucifix
- Martini
- Outside Leg Hang
- Reverse Grab
- Side Climb
- Snowflake
- Straddle Invert
- Violator

LOW INTERMEDIATE
26 moves

- Aerial Straddle Invert
- Air Walk
- Baby Snake
- Bee's Knees
- Butterfly
- Cross Ankle Layback
- Cross Knee Layback
- Dove
- Embrace
- Extended Butterfly
- Flatline
- Gemini Climb
- Inverted D
- Jackknife
- Jamilla
- Leg Switch
- Mercury
- Poisson
- Reiko Split

HIGH INTERMEDIATE
16 moves

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

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
8 moves	16 moves	14 moves	26 moves	16 moves	43 moves
			Remi Seat		Gargoyle
			Scissor Seat		Helix
			Side Saddle		Icarus
			Stargazer		Iguana
			Superman		Iron X
			Torso Switch		Jallegra
			Wrist Seat		Janeiro
					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
8 moves	16 moves	14 moves	26 moves	16 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini