Celia Tow Level Map

San Francisco CA

Pole Level Mapper

NEWBIE
4 moves

-  Body Rolls
-  Dip Turn
-  Pirouette
-  Pole Walk

LOW BEGINNER
15 moves

-  Carousel Spin
-  Cradle Spin
-  Fan Kick
- Forearm Stand
-  Genie
-  Goddess
-  Hollywood Spin
-  Jasmine
-  Juliet Spin
-  Knee Spin
-  Lady Seat
-  Rockstar Spin
-  Secretary Seat
-  Skater Spin
-  Upright Crucifix

HIGH BEGINNER
29 moves

-  Attitude Spin
-  Baby Snake
-  Back Hook
-  Bee's Knees
-  Boomerang Spin
-  Chair Spin
-  Climb
-  Cross Knee Layback
-  Dove
-  Dragonfly
-  Figurehead
-  Fireman Spin
-  Front Hook
-  Hip Hold
-  Inside Leg Hang
-  Inverted Crucifix
-  Jamilla
-  Martini
-  Outside Leg Hang

LOW INTERMEDIATE
20 moves

-  Aerial Straddle Invert
-  Air Walk
- Brass Bridge
- Brass Monkey
- Butterfly
- Cross Ankle Layback
- Embrace
- Eros
- Extended Butterfly
- Flatline
- Gemini Climb
- Inverted D
- Jackknife
- Leg Switch
- Mercury
- Poisson
- Reiko Split
- Remi Seat
- Sneaky V

HIGH INTERMEDIATE
12 moves

- Allegra
- Ayesha
- Ballerina
- Caterpillar Climb
- Cheeba Split
- Chest Press Butterfly
- Foot Mount
- Hang Glider
- Jade
- Machine Gun
- Marion Amber
- Shoulder Mount

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
4 moves	15 moves	29 moves	20 moves	12 moves	43 moves
		 Reverse Grab	 Torso Switch		 Gargoyle
		 Scissor Seat			 Helix
		 Side Climb			 Icarus
		 Side Saddle			 Iguana
		 Snowflake			 Iron X
		 Stargazer			 Jallegra
		 Straddle Invert			 Janeiro
		 Superman			 Knee Bocker
		 Violator			 Libellula
		 Wrist Seat			 Marley
					 Meathook
					 Phoenix
					 Rainbow Marchenko
					 Rocketman
					 Russian Layback
					 Russian Split
					 Seahorse
					 Spatchcock
					 Starfish

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	15 moves	29 moves	20 moves	12 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini