A n Level Map

ew York City, NY

Pole Level Mapper

NEWBIE
8 moves

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

LOW BEGINNER
8 moves

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

HIGH BEGINNER
22 moves

- Attitude Spin
- Baby Snake
- Back Hook
- Boomerang Spin
- Chair Spin
- Climb
- Cross Knee Layback
- Fireman Spin
- Front Hook
- Genie
- Goddess
- Inverted Crucifix
- Jasmine
- Martini
- Reverse Grab
- Scissor Seat
- Side Climb
- Snowflake
- Stargazer

LOW INTERMEDIATE
23 moves

- Aerial Straddle Invert
- Air Walk
- Bee's Knees
- Butterfly
- Cross Ankle Layback
- Dove
- Dragonfly
- Embrace
- Extended Butterfly
- Figurehead
- Flatline
- Hip Hold
- Inside Leg Hang
- Inverted D
- Jackknife
- Jamilla
- Mercury
- Outside Leg Hang
- Poisson

HIGH INTERMEDIATE
19 moves

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

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	8 moves	22 moves	23 moves	19 moves	43 moves
		 Straddle Invert	 Reiko Split		 Gargoyle
		 Violator	 Remi Seat		 Helix
		 Wrist Seat	 Side Saddle		 Icarus
			 Superman		 Iguana
					 Iron X
					 Jallegra
					 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	8 moves	22 moves	23 moves	19 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini