Pole Pressure Level Map

Washington, DC

Pole Level Mapper

NEWBIE
4 moves

- Body Rolls
- Dip Turn
- Pirouette
- Pole Walk

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
17 moves

- Attitude Spin
- Baby Snake
- Back Hook
- Boomerang Spin
- Chair Spin
- Climb
- Fireman Spin
- Front Hook
- Genie
- Inverted Crucifix
- Jasmine
- Martini
- Scissor Seat
- Side Climb
- Stargazer
- Violator
- Wrist Seat

LOW INTERMEDIATE
23 moves

- Air Walk
- Bee's Knees
- Cross Ankle Layback
- Cross Knee Layback
- Dove
- Dragonfly
- Embrace
- Figurehead
- Flatline
- Goddess
- Hip Hold
- Inside Leg Hang
- Jamilla
- Leg Switch
- Mercury
- Outside Leg Hang
- Reiko Split
- Remi Seat
- Side Saddle

HIGH INTERMEDIATE
23 moves

- Aerial Straddle Invert
- Ballerina
- Brass Bridge
- Brass Monkey
- Butterfly
- Caterpillar Climb
- Duchess
- Eros
- Extended Butterfly
- Foot Mount
- Gemini Climb
- Hang Glider
- Inverted D
- Jackknife
- Jade
- Poisson
- Reverse Grab
- Shoulder Mount
- Sneaky V

ADVANCED
44 moves

- A-Frame
- Advanced Plank
- Aerial Shoulder Mount
- Allegra
- Archer
- Ayesha
- Batwing
- Bird of Paradise
- Broken Doll
- Cheeba Split
- Chest Press Butterfly
- Chopsticks
- Cocoon
- Cupid
- Dangerous Bird
- Daredevil
- Deathlay
- Dragontail
- Eagle

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	12 moves	17 moves	23 moves	23 moves	44 moves
			 Snowflake	 Teddy	 Flag
			 Straddle Invert	 Torso Switch	 Flying K
			 Superman	 Tulip	 Fonji
			 Vortex	 Upright Sailboat	 Gargoyle
					 Helix
					 Icarus
					 Iguana
					 Iron X
					 Jallegra
					 Janeiro
					 Knee Bocker
					 Libellula
					 Machine Gun
					 Marion Amber
					 Marley
					 Meathook
					 Phoenix
					 Rainbow Marchenko
					 Rocketman

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	12 moves	17 moves	23 moves	23 moves	44 moves



Russian Layback



Russian Split



Seahorse



Spatchcock



Starfish



Yogini