THE BAR instructor, Paradigm student Level Map

Bellingham, Ma

Pole Level Mapper

NEWBIE
9 moves

- Attitude Spin
- Back Hook
- Body Rolls
- Chair Spin
- Dip Turn
- Fireman Spin
- Front Hook
- Pirouette
- Pole Walk

LOW BEGINNER
27 moves

- Baby Snake
- Bee's Knees
- Carousel Spin
- Cradle Spin
- Cross Knee Layback
- Dove
- Fan Kick
- Forearm Stand
- Genie
- Goddess
- Hollywood Spin
- Jamilla
- Jasmine
- Juliet Spin
- Knee Spin
- Lady Seat
- Marley
- Rockstar Spin
- Scissor Seat

HIGH BEGINNER
19 moves

- Ballerina
- Boomerang Spin
- Climb
- Dragonfly
- Figurehead
- Flatline
- Hip Hold
- Inside Leg Hang
- Inverted Crucifix
- Martini
- Outside Leg Hang
- Remi Seat
- Reverse Grab
- Seahorse
- Side Climb
- Snowflake
- Straddle Invert
- Violator
- Yogini

LOW INTERMEDIATE
21 moves

- Aerial Straddle Invert
- Air Walk
- Brass Bridge
- Brass Monkey
- Butterfly
- Chopsticks
- Cross Ankle Layback
- Embrace
- Eros
- Extended Butterfly
- Gemini Climb
- Inverted D
- Jackknife
- Jade
- Leg Switch
- Mercury
- Poisson
- Reiko Split
- Shoulder Mount

HIGH INTERMEDIATE
14 moves

- Aerial Shoulder Mount
- Allegra
- Ayesha
- Caterpillar Climb
- Cheeba Split
- Chest Press Butterfly
- Cupid
- Dangerous Bird
- Foot Mount
- Hang Glider
- Iguana
- Machine Gun
- Marion Amber
- Russian Layback

ADVANCED
33 moves

- A-Frame
- Advanced Plank
- Archer
- Batwing
- Bird of Paradise
- Broken Doll
- Cocoon
- Daredevil
- Deathlay
- Dragontail
- Duchess
- Eagle
- Flag
- Flying K
- Fonji
- Gargoyle
- Helix
- Icarus
- Iron X

NEWBIE
9 moves

LOW BEGINNER
27 moves


Secretary Seat


Side Saddle


Skater Spin


Stargazer


Superman


Teddy


Upright Crucifix


Wrist Seat

HIGH BEGINNER
19 moves

LOW INTERMEDIATE
21 moves


Sneaky V


Torso Switch

HIGH INTERMEDIATE
14 moves

ADVANCED
33 moves


Jallegra


Janeiro


Knee Bocker


Libellula


Meathook


Phoenix


Rainbow Marchenko


Rocketman


Russian Split


Spatchcock


Starfish


Tulip


Upright Sailboat


Vortex