Kristina Tayag Level Map

San Diego

Pole Level Mapper

NEWBIE
22 moves

- Ayesha
- Baby Snake
- Brass Bridge
- Brass Monkey
- Cheeba Split
- Cross Knee Layback
- Dragonfly
- Eros
- Fan Kick
- Figurehead
- Forearm Stand
- Hip Hold
- Inside Leg Hang
- Lady Seat
- Machine Gun
- Marion Amber
- Outside Leg Hang
- Scissor Seat
- Sneaky V

LOW BEGINNER
28 moves

- Bee's Knees
- Body Rolls
- Butterfly
- Carousel Spin
- Cradle Spin
- Dip Turn
- Dove
- Extended Butterfly
- Gemini Climb
- Genie
- Goddess
- Hollywood Spin
- Inverted D
- Jackknife
- Jamilla
- Jasmine
- Juliet Spin
- Knee Spin
- Leg Switch

HIGH BEGINNER
9 moves

- Boomerang Spin
- Climb
- Inverted Crucifix
- Martini
- Reverse Grab
- Side Climb
- Snowflake
- Straddle Invert
- Violator

LOW INTERMEDIATE
13 moves

- Aerial Straddle Invert
- Air Walk
- Attitude Spin
- Back Hook
- Chair Spin
- Cross Ankle Layback
- Embrace
- Fireman Spin
- Flatline
- Front Hook
- Mercury
- Reiko Split
- Remi Seat

HIGH INTERMEDIATE
8 moves

- Allegra
- Ballerina
- Caterpillar Climb
- Chest Press Butterfly
- Foot Mount
- Hang Glider
- Jade
- 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
22 moves


Stargazer


Upright Crucifix


Wrist Seat

LOW BEGINNER
28 moves


Pirouette


Poisson


Pole Walk


Rockstar Spin


Secretary Seat


Side Saddle


Skater Spin


Superman


Torso Switch

HIGH BEGINNER
9 moves

LOW INTERMEDIATE
13 moves

HIGH INTERMEDIATE
8 moves

ADVANCED
43 moves


Gargoyle


Helix


Icarus


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
22 moves	28 moves	9 moves	13 moves	8 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini