# Cynthia Navarro Level Map

Tigard

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
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
18 moves

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

## HIGH INTERMEDIATE
24 moves

- Allegra
- Ayesha
- Ballerina
- Brass Bridge
- Brass Monkey
- Butterfly
- Caterpillar Climb
- Cheeba Split
- Chest Press Butterfly
- Eros
- Extended Butterfly
- Foot Mount
- Gemini Climb
- Hang Glider
- Inverted D
- Jackknife
- Jade
- Leg Switch
- Machine Gun

## 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 | 12 moves | 22 moves | 18 moves | 24 moves | 43 moves |
| | | Straddle Invert | | Marion Amber | Gargoyle |
| | | Violator | | Poisson | Helix |
| | | Wrist Seat | | Shoulder Mount | Icarus |
| | | | | Sneaky V | Iguana |
| | | | | Torso Switch | 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 |
| --- | --- | --- | --- | --- | --- |
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Teddy



Tulip



Upright Sailboat



Vortex



Yogini