# Yoga & Pole Level Map

Oakville Ontario

Pole Level Mapper

## NEWBIE
4 moves

- Body Rolls
- Dip Turn
- Pirouette
- Pole Walk

## LOW BEGINNER
13 moves

- Attitude Spin
- Back Hook
- Carousel Spin
- Chair Spin
- Cradle Spin
- Fireman Spin
- Front Hook
- Hollywood Spin
- Juliet Spin
- Knee Spin
- Rockstar Spin
- Secretary Seat
- Skater Spin

## HIGH BEGINNER
13 moves

- Boomerang Spin
- Climb
- Fan Kick
- Forearm Stand
- Inverted Crucifix
- Lady Seat
- Martini
- Reverse Grab
- Side Climb
- Snowflake
- Straddle Invert
- Upright Crucifix
- Violator

## LOW INTERMEDIATE
26 moves

- Aerial Straddle Invert
- Air Walk
- Baby Snake
- Bee's Knees
- Cross Ankle Layback
- Cross Knee Layback
- Dove
- Dragonfly
- Embrace
- Figurehead
- Flatline
- Genie
- Goddess
- Hip Hold
- Inside Leg Hang
- Jamilla
- Jasmine
- Mercury
- Outside Leg Hang

## HIGH INTERMEDIATE
20 moves

- Allegra
- Ballerina
- Brass Bridge
- Brass Monkey
- Butterfly
- Caterpillar Climb
- Chest Press Butterfly
- Eros
- Extended Butterfly
- Foot Mount
- Gemini Climb
- Hang Glider
- Inverted D
- Jackknife
- Jade
- Leg Switch
- Poisson
- Shoulder Mount
- Sneaky V

## ADVANCED
47 moves

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

| NEWBIE | LOW BEGINNER | HIGH BEGINNER | LOW INTERMEDIATE | HIGH INTERMEDIATE | ADVANCED |
|---|---|---|---|---|---|
| 4 moves | 13 moves | 13 moves | 26 moves | 20 moves | 47 moves |
| | | |  Reiko Split |  Torso Switch |  Flying K |
| | | |  Remi Seat | |  Fonji |
| | | |  Scissor Seat | |  Gargoyle |
| | | |  Side Saddle | |  Helix |
| | | |  Stargazer | |  Icarus |
| | | |  Superman | |  Iguana |
| | | |  Wrist Seat | |  Iron X |
| | | | | |  Jallegra |
| | | | | |  Janeiro |
| | | | | |  Knee Bocker |
| | | | | |  Libellula |
| | | | | |  Machine Gun |
| | | | | |  Marion Amber |
| | | | | |  Marley |
| | | | | |  Meathook |
| | | | | |  Phoenix |
| | | | | |  Rainbow Marchenko |
| | | | | |  Rocketman |
| | | | | |  Russian Layback |

| NEWBIE | LOW BEGINNER | HIGH BEGINNER | LOW INTERMEDIATE | HIGH INTERMEDIATE | ADVANCED |
|---|---|---|---|---|---|
| 4 moves | 13 moves | 13 moves | 26 moves | 20 moves | 47 moves |


Russian Split


Seahorse


Spatchcock


Starfish


Teddy


Tulip


Upright Sailboat


Vortex


Yogini