Esther Jamez Level Map

San Antonio, TX

Pole Level Mapper

NEWBIE
5 moves


Attitude Spin


Back Hook


Chair Spin


Fireman Spin


Front Hook

LOW BEGINNER
12 moves


Body Rolls


Carousel Spin


Cradle Spin


Dip Turn


Hollywood Spin


Juliet Spin


Knee Spin


Pirouette


Pole Walk


Rockstar Spin


Secretary Seat


Skater Spin

HIGH BEGINNER
21 moves


Baby Snake


Boomerang Spin


Climb


Cross Knee Layback


Fan Kick

Forearm Stand


Genie


Goddess


Inverted Crucifix


Jasmine


Lady Seat


Martini


Reverse Grab


Scissor Seat


Side Climb


Snowflake


Stargazer


Straddle Invert


Upright Crucifix

LOW INTERMEDIATE
13 moves


Aerial Straddle Invert


Air Walk


Cross Ankle Layback


Dragonfly

Embrace

Figurehead

Flatline

Hip Hold

Inside Leg Hang

Mercury

Outside Leg Hang

Reiko Split

Remi Seat

HIGH INTERMEDIATE
15 moves

Allegra

Ayesha

Ballerina

Caterpillar Climb

Cheeba Split

Chest Press Butterfly

Foot Mount

Gemini Climb

Hang Glider

Jade

Leg Switch

Machine Gun

Marion Amber

Shoulder Mount

Torso Switch

ADVANCED
57 moves

A-Frame

Advanced Plank

Aerial Shoulder Mount

Archer

Batwing

Bee's Knees

Bird of Paradise

Brass Bridge

Brass Monkey

Broken Doll

Butterfly

Chopsticks

Cocoon

Cupid

Dangerous Bird

Daredevil

Deathlay

Dove

Dragontail

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
5 moves	12 moves	21 moves	13 moves	15 moves	57 moves
		Violator			Duchess
		Wrist Seat			Eagle
					Eros
					Extended Butterfly
					Flag
					Flying K
					Fonji
					Gargoyle
					Helix
					Icarus
					Iguana
					Inverted D
					Iron X
					Jackknife
					Jallegra
					Jamilla
					Janeiro
					Knee Bocker
					Libellula

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
5 moves	12 moves	21 moves	13 moves	15 moves	57 moves


Marley


Meathook


Phoenix


Poisson


Rainbow Marchenko


Rocketman


Russian Layback


Russian Split


Seahorse


Side Saddle


Sneaky V


Spatchcock


Starfish


Superman


Teddy


Tulip


Upright Sailboat


Vortex


Yogini