BeSpun Level Map

Los Angeles, CA

Pole Level Mapper

NEWBIE
4 moves

-  Body Rolls
-  Dip Turn
-  Pirouette
-  Pole Walk

LOW BEGINNER
26 moves

-  Attitude Spin
-  Baby Snake
-  Back Hook
-  Carousel Spin
-  Chair Spin
-  Climb
-  Cradle Spin
-  Cross Knee Layback
-  Fan Kick
-  Fireman Spin
- Forearm Stand
-  Front Hook
-  Genie
-  Goddess
-  Hollywood Spin
-  Jasmine
-  Juliet Spin
-  Knee Spin
-  Lady Seat

HIGH BEGINNER
18 moves

-  Bee's Knees
-  Boomerang Spin
-  Dove
-  Dragonfly
-  Figurehead
-  Hip Hold
-  Inside Leg Hang
-  Inverted Crucifix
-  Jamilla
-  Martini
-  Outside Leg Hang
-  Reverse Grab
-  Side Climb
-  Side Saddle
-  Snowflake
-  Straddle Invert
-  Superman
- Violator

LOW INTERMEDIATE
11 moves

- Aerial Straddle Invert
- Air Walk
- Cross Ankle Layback
- Embrace
- Flatline
- Gemini Climb
- Leg Switch
- Mercury
- Reiko Split
- Remi Seat
- Torso Switch

HIGH INTERMEDIATE
17 moves

- Allegra
- Ballerina
- Brass Bridge
- Brass Monkey
- Butterfly
- Caterpillar Climb
- Chest Press Butterfly
- Eros
- Extended Butterfly
- Foot Mount
- Hang Glider
- Inverted D
- Jackknife
- Jade
- 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	26 moves	18 moves	11 moves	17 moves	47 moves
	 Rockstar Spin				 Flying K
	 Scissor Seat				 Fonji
	 Secretary Seat				 Gargoyle
	 Skater Spin				 Helix
	 Stargazer				 Icarus
	 Upright Crucifix				 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
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Russian Split


Seahorse


Spatchcock


Starfish


Teddy


Tulip


Upright Sailboat


Vortex


Yogini