Amber Level Map

Sacramento, ca

Pole Level Mapper

NEWBIE
9 moves

- Attitude Spin
- Back Hook
- Body Rolls
- Chair Spin
- Dip Turn
- Fireman Spin
- Front Hook
- Pirouette
- Pole Walk

LOW BEGINNER
16 moves

- Bee's Knees
- Carousel Spin
- Cradle Spin
- Dove
- Genie
- Goddess
- Hollywood Spin
- Jamilla
- Jasmine
- Juliet Spin
- Knee Spin
- Rockstar Spin
- Secretary Seat
- Side Saddle
- Skater Spin
- Superman

HIGH BEGINNER
27 moves

- Baby Snake
- Boomerang Spin
- Brass Bridge
- Brass Monkey
- Climb
- Cross Knee Layback
- Dragonfly
- Eros
- Fan Kick
- Figurehead
- Forearm Stand
- Hip Hold
- Inside Leg Hang
- Inverted Crucifix
- Lady Seat
- Martini
- Outside Leg Hang
- Reverse Grab
- Scissor Seat

LOW INTERMEDIATE
16 moves

- Aerial Straddle Invert
- Air Walk
- Butterfly
- Cross Ankle Layback
- Embrace
- Extended Butterfly
- Flatline
- Gemini Climb
- Inverted D
- Jackknife
- Leg Switch
- Mercury
- Poisson
- Reiko Split
- Remi Seat
- Torso Switch

HIGH INTERMEDIATE
12 moves

- Allegra
- Ayesha
- Ballerina
- Caterpillar Climb
- Cheeba Split
- Chest Press Butterfly
- Foot Mount
- Hang Glider
- Jade
- Machine Gun
- Marion Amber
- 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	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
9 moves	16 moves	27 moves	16 moves	12 moves	43 moves

HIGH BEGINNER


Side Climb


Sneaky V


Snowflake


Stargazer


Straddle Invert


Upright Crucifix


Violator


Wrist Seat

ADVANCED


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
9 moves	16 moves	27 moves	16 moves	12 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini