C j Level Map

Regina

Pole Level Mapper

NEWBIE
13 moves

- Attitude Spin
- Back Hook
- Body Rolls
- Chair Spin
- Dip Turn
- Fan Kick
- Fireman Spin
- Forearm Stand
- Front Hook
- Lady Seat
- Pirouette
- Pole Walk
- Upright Crucifix

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
24 moves

- Baby Snake
- Boomerang Spin
- Butterfly
- Climb
- Cross Knee Layback
- Dragonfly
- Extended Butterfly
- Figurehead
- Hip Hold
- Inside Leg Hang
- Inverted Crucifix
- Inverted D
- Jackknife
- Martini
- Outside Leg Hang
- Poisson
- Reverse Grab
- Scissor Seat
- Side Climb

LOW INTERMEDIATE
19 moves

- Aerial Straddle Invert
- Air Walk
- Ayesha
- Brass Bridge
- Brass Monkey
- Cheeba Split
- Cross Ankle Layback
- Embrace
- Eros
- Flatline
- Gemini Climb
- Leg Switch
- Machine Gun
- Marion Amber
- Mercury
- Reiko Split
- Remi Seat
- Sneaky V
- Torso Switch

HIGH INTERMEDIATE
8 moves

- Allegra
- Ballerina
- Caterpillar Climb
- Chest Press Butterfly
- Foot Mount
- Hang Glider
- Jade
- 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
13 moves	16 moves	24 moves	19 moves	8 moves	43 moves
		Snowflake			Gargoyle
		Stargazer			Helix
		Straddle Invert			Icarus
		Violator			Iguana
		Wrist Seat			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
13 moves	16 moves	24 moves	19 moves	8 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini