# Hannah Rutkowski Level Map

Grand Junction, CO

Pole Level Mapper

## NEWBIE
0 moves

## LOW BEGINNER
17 moves

-  Attitude Spin
-  Back Hook
-  Body Rolls
-  Carousel Spin
-  Chair Spin
-  Cradle Spin
-  Dip Turn
-  Fireman Spin
-  Front Hook
-  Hollywood Spin
-  Juliet Spin
-  Knee Spin
-  Pirouette
-  Pole Walk
-  Rockstar Spin
-  Secretary Seat
-  Skater Spin

## HIGH BEGINNER
18 moves

-  Boomerang Spin
-  Climb
-  Dragonfly
-  Fan Kick
-  Figurehead
-  Forearm Stand
-  Hip Hold
-  Inside Leg Hang
-  Inverted Crucifix
-  Lady Seat
-  Martini
-  Outside Leg Hang
-  Reverse Grab
-  Side Climb
-  Snowflake
-  Straddle Invert
-  Upright Crucifix
-  Violator

## LOW INTERMEDIATE
29 moves

-  Aerial Straddle Invert
-  Air Walk
-  Baby Snake
-  Bee's Knees
-  Butterfly
-  Cross Ankle Layback
-  Cross Knee Layback
-  Dove
-  Embrace
-  Extended Butterfly
-  Flatline
-  Gemini Climb
-  Genie
-  Goddess
-  Inverted D
-  Jackknife
-  Jamilla
-  Jasmine
-  Leg 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
47 moves

-  A-Frame
-  Advanced Plank
-  Aerial Shoulder Mount
-  Archer
-  Batwing
-  Bird of Paradise
-  Brass Bridge
-  Brass Monkey
-  Broken Doll
-  Chopsticks
-  Cocoon
-  Cupid
-  Dangerous Bird
-  Daredevil
-  Deathlay
-  Dragontail
-  Duchess
-  Eagle
-  Eros

| NEWBIE | LOW BEGINNER | HIGH BEGINNER | LOW INTERMEDIATE | HIGH INTERMEDIATE | ADVANCED |
|---|---|---|---|---|---|
| 0 moves | 17 moves | 18 moves | 29 moves | 12 moves | 47 moves |
| | | | Mercury | | Flag |
| | | | Poisson | | Flying K |
| | | | Reiko Split | | Fonji |
| | | | Remi Seat | | Gargoyle |
| | | | Scissor Seat | | Helix |
| | | | Side Saddle | | Icarus |
| | | | Stargazer | | Iguana |
| | | | Superman | | Iron X |
| | | | Torso Switch | | Jallegra |
| | | | Wrist Seat | | Janeiro |
| | | | | | Knee Bocker |
| | | | | | Libellula |
| | | | | | Marley |
| | | | | | Meathook |
| | | | | | Phoenix |
| | | | | | Rainbow Marchenko |
| | | | | | Rocketman |
| | | | | | Russian Layback |
| | | | | | Russian Split |

| NEWBIE | LOW BEGINNER | HIGH BEGINNER | LOW INTERMEDIATE | HIGH INTERMEDIATE | ADVANCED |
| --- | --- | --- | --- | --- | --- |
| 0 moves | 17 moves | 18 moves | 29 moves | 12 moves | 47 moves |


Seahorse


Sneaky V


Spatchcock


Starfish


Teddy


Tulip


Upright Sailboat


Vortex


Yogini