Mary Pottenger Level Map

Mishawaka, Indiana

Pole Level Mapper

NEWBIE
4 moves

-  Body Rolls
-  Dip Turn
-  Pirouette
-  Pole Walk

LOW BEGINNER
25 moves

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

HIGH BEGINNER
19 moves

-  Boomerang Spin
-  Butterfly
-  Climb
-  Dragonfly
-  Extended Butterfly
-  Figurehead
-  Hip Hold
-  Inside Leg Hang
-  Inverted Crucifix
-  Inverted D
-  Jackknife
-  Martini
-  Outside Leg Hang
-  Poisson
-  Reverse Grab
-  Side Climb
-  Snowflake
- Straddle Invert
- Violator

LOW INTERMEDIATE
20 moves

- Aerial Straddle Invert
- Air Walk
- Bee's Knees
- Brass Bridge
- Brass Monkey
- Cross Ankle Layback
- Dove
- Embrace
- Eros
- Flatline
- Gemini Climb
- Jamilla
- Leg Switch
- Mercury
- Reiko Split
- Remi Seat
- Side Saddle
- Sneaky V
- Superman

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
4 moves	25 moves	19 moves	20 moves	12 moves	43 moves
	 Scissor Seat		 Torso Switch		 Gargoyle
	 Secretary Seat				 Helix
	 Skater Spin				 Icarus
	 Stargazer				 Iguana
	 Upright Crucifix				 Iron X
	 Wrist Seat				 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
4 moves	25 moves	19 moves	20 moves	12 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini