ainsley crilly Level Map

oklahoma city, oklahoma

Pole Level Mapper

NEWBIE
2 moves

- Lady Seat
- Upright Crucifix

LOW BEGINNER
21 moves

- Attitude Spin
- Back Hook
- Carousel Spin
- Chair Spin
- Cradle Spin
- Fan Kick
- Figurehead
- Fireman Spin
- Forearm Stand
- Front Hook
- Gemini Climb
- Genie
- Goddess
- Hollywood Spin
- Jasmine
- Juliet Spin
- Knee Spin
- Leg Switch
- Rockstar Spin

HIGH BEGINNER
12 moves

- Boomerang Spin
- Climb
- Hip Hold
- Inverted Crucifix
- Jamilla
- Martini
- Reverse Grab
- Side Climb
- Snowflake
- Straddle Invert
- Superman
- Violator

LOW INTERMEDIATE
17 moves

- Aerial Straddle Invert
- Air Walk
- Bee's Knees
- Cross Ankle Layback
- Dove
- Dragonfly
- Embrace
- Eros
- Flatline
- Inside Leg Hang
- Inverted D
- Mercury
- Outside Leg Hang
- Reiko Split
- Remi Seat
- Side Saddle
- Torso Switch

HIGH INTERMEDIATE
17 moves

- Allegra
- Ballerina
- Body Rolls
- Brass Monkey
- Butterfly
- Caterpillar Climb
- Chest Press Butterfly
- Dip Turn
- Extended Butterfly
- Foot Mount
- Hang Glider
- Jackknife
- Jade
- Pirouette
- Pole Walk
- Shoulder Mount
- Sneaky V

ADVANCED
54 moves

- A-Frame
- Advanced Plank
- Aerial Shoulder Mount
- Archer
- Ayesha
- Baby Snake
- Batwing
- Bird of Paradise
- Brass Bridge
- Broken Doll
- Cheeba Split
- Chopsticks
- Cocoon
- Cross Knee Layback
- Cupid
- Dangerous Bird
- Daredevil
- Deathlay
- Dragontail

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
2 moves	21 moves	12 moves	17 moves	17 moves	54 moves
	Secretary Seat				Duchess
	Skater Spin				Eagle
					Flag
					Flying K
					Fonji
					Gargoyle
					Helix
					Icarus
					Iguana
					Iron X
					Jallegra
					Janeiro
					Knee Bocker
					Libellula
					Machine Gun
					Marion Amber
					Marley
					Meathook
					Phoenix

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
2 moves	21 moves	12 moves	17 moves	17 moves	54 moves


Poisson


Rainbow Marchenko


Rocketman


Russian Layback


Russian Split


Scissor Seat


Seahorse


Spatchcock


Starfish


Stargazer


Teddy


Tulip


Upright Sailboat


Vortex


Wrist Seat


Yogini