Faith Simonini Level Map

Cumberland, RI

Pole Level Mapper

NEWBIE
7 moves

- Back Hook
- Body Rolls
- Dip Turn
- Fan Kick
- Lady Seat
- Pirouette
- Pole Walk

LOW BEGINNER
17 moves

- Attitude Spin
- Carousel Spin
- Chair Spin
- Climb
- Cradle Spin
- Fireman Spin
- Front Hook
- Genie
- Goddess
- Hollywood Spin
- Jasmine
- Juliet Spin
- Knee Spin
- Rockstar Spin
- Scissor Seat
- Secretary Seat
- Upright Crucifix

HIGH BEGINNER
17 moves

- Baby Snake
- Boomerang Spin
- Cross Knee Layback
- Figurehead
- Forearm Stand
- Inverted Crucifix
- Martini
- Remi Seat
- Side Climb
- Skater Spin
- Stargazer
- Straddle Invert
- Tulip
- Upright Sailboat
- Violator
- Vortex
- Wrist Seat

LOW INTERMEDIATE
18 moves

- Aerial Straddle Invert
- Air Walk
- Bee's Knees
- Cross Ankle Layback
- Dove
- Dragonfly
- Embrace
- Flatline
- Hip Hold
- Inside Leg Hang
- Jamilla
- Mercury
- Outside Leg Hang
- Reiko Split
- Reverse Grab
- Side Saddle
- Snowflake
- Superman

HIGH INTERMEDIATE
16 moves

- Allegra
- Ballerina
- Butterfly
- Caterpillar Climb
- Chest Press Butterfly
- Extended Butterfly
- Foot Mount
- Gemini Climb
- Hang Glider
- Inverted D
- Jackknife
- Jade
- Leg Switch
- Poisson
- Shoulder Mount
- Torso Switch

ADVANCED
48 moves

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

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
7 moves	17 moves	17 moves	18 moves	16 moves	48 moves


Eagle


Eros


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
7 moves	17 moves	17 moves	18 moves	16 moves	48 moves


Rainbow Marchenko


Rocketman


Russian Layback


Russian Split


Seahorse


Sneaky V


Spatchcock


Starfish


Teddy


Yogini