Ashley S Level Map

Minneapolis,MN

Pole Level Mapper

NEWBIE
8 moves

- Body Rolls
- Dip Turn
- Fan Kick
- Forearm Stand
- Lady Seat
- Pirouette
- Pole Walk
- Upright Crucifix

LOW BEGINNER
8 moves

- Back Hook
- Carousel Spin
- Cradle Spin
- Hollywood Spin
- Juliet Spin
- Knee Spin
- Secretary Seat
- Skater Spin

HIGH BEGINNER
21 moves

- Attitude Spin
- Boomerang Spin
- Chair Spin
- Climb
- Dragonfly
- Figurehead
- Fireman Spin
- Front Hook
- Genie
- Goddess
- Hip Hold
- Inside Leg Hang
- Inverted Crucifix
- Jasmine
- Martini
- Outside Leg Hang
- Reverse Grab
- Side Climb
- Snowflake

LOW INTERMEDIATE
12 moves

- Aerial Straddle Invert
- Air Walk
- Cross Ankle Layback
- Embrace
- Flatline
- Gemini Climb
- Leg Switch
- Mercury
- Reiko Split
- Remi Seat
- Rockstar Spin
- Torso Switch

HIGH INTERMEDIATE
22 moves

- Allegra
- Baby Snake
- Ballerina
- Bee's Knees
- Brass Bridge
- Brass Monkey
- Caterpillar Climb
- Chest Press Butterfly
- Cross Knee Layback
- Dove
- Eros
- Foot Mount
- Hang Glider
- Jade
- Jamilla
- Scissor Seat
- Shoulder Mount
- Side Saddle
- Sneaky V

ADVANCED
52 moves

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

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
8 moves	8 moves	21 moves	12 moves	22 moves	52 moves
		 Straddle Invert		 Stargazer	 Extended Butterfly
		 Violator		 Superman	 Flag
				 Wrist Seat	 Flying K
					 Fonji
					 Gargoyle
					 Helix
					 Icarus
					 Iguana
					 Inverted D
					 Iron X
					 Jackknife
					 Jallegra
					 Janeiro
					 Knee Bocker
					 Libellula
					 Machine Gun
					 Marion Amber
					 Marley
					 Meathook

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
8 moves	8 moves	21 moves	12 moves	22 moves	52 moves


Phoenix


Poisson


Rainbow Marchenko


Rocketman


Russian Layback


Russian Split


Seahorse


Spatchcock


Starfish


Teddy


Tulip


Upright Sailboat


Vortex


Yogini