ABC Level Map

Boston ma

Pole Level Mapper

NEWBIE
4 moves

- Body Rolls
- Dip Turn
- Pirouette
- Pole Walk

LOW BEGINNER
18 moves

- Attitude Spin
- Baby Snake
- Back Hook
- Carousel Spin
- Chair Spin
- Cradle Spin
- Cross Knee Layback
- Fireman Spin
- Front Hook
- Hollywood Spin
- Juliet Spin
- Knee Spin
- Rockstar Spin
- Scissor Seat
- Secretary Seat
- Skater Spin
- Stargazer
- Wrist Seat

HIGH BEGINNER
13 moves

- Boomerang Spin
- Climb
- Fan Kick
- Forearm Stand
- Inverted Crucifix
- Lady Seat
- Martini
- Reverse Grab
- Side Climb
- Snowflake
- Straddle Invert
- Upright Crucifix
- Violator

LOW INTERMEDIATE
25 moves

- Aerial Straddle Invert
- Air Walk
- Brass Bridge
- Brass Monkey
- Butterfly
- Cross Ankle Layback
- Dragonfly
- Embrace
- Eros
- Extended Butterfly
- Figurehead
- Flatline
- Genie
- Goddess
- Hip Hold
- Inside Leg Hang
- Inverted D
- Jackknife
- Jasmine

HIGH INTERMEDIATE
20 moves

- Allegra
- Ayesha
- Ballerina
- Bee's Knees
- Caterpillar Climb
- Cheeba Split
- Chest Press Butterfly
- Dove
- Foot Mount
- Gemini Climb
- Hang Glider
- Jade
- Jamilla
- Leg Switch
- Machine Gun
- Marion Amber
- Shoulder Mount
- Side Saddle
- Superman

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	18 moves	13 moves	25 moves	20 moves	43 moves
			Mercury	Torso Switch	Gargoyle
			Outside Leg Hang		Helix
			Poisson		Icarus
			Reiko Split		Iguana
			Remi Seat		Iron X
			Sneaky V		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	18 moves	13 moves	25 moves	20 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini