Pole Moves

2026

Pole Level Mapper

NEWBIE
4 moves

- Body Rolls
- Dip Turn
- Pirouette
- Pole Walk

LOW BEGINNER
16 moves

- Attitude Spin
- Back Hook
- Carousel Spin
- Chair Spin
- Cradle Spin
- Fireman Spin
- Front Hook
- Genie
- Goddess
- Hollywood Spin
- Jasmine
- Juliet Spin
- Knee Spin
- Rockstar Spin
- Secretary Seat
- Skater Spin

HIGH BEGINNER
23 moves

- Baby Snake
- Boomerang Spin
- Climb
- Cross Knee Layback
- Dragonfly
- Fan Kick
- Figurehead
- Forearm Stand
- Hip Hold
- Inside Leg Hang
- Inverted Crucifix
- Lady Seat
- Martini
- Outside Leg Hang
- Reverse Grab
- Scissor Seat
- Side Climb
- Snowflake
- Stargazer

LOW INTERMEDIATE
16 moves

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

HIGH INTERMEDIATE
21 moves

- Allegra
- Ayesha
- Ballerina
- Brass Bridge
- Brass Monkey
- Butterfly
- Caterpillar Climb
- Cheeba Split
- Chest Press Butterfly
- Eros
- Extended Butterfly
- Foot Mount
- Hang Glider
- Inverted D
- Jackknife
- Jade
- Machine Gun
- Marion Amber
- Poisson

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	16 moves	23 moves	16 moves	21 moves	43 moves
		Straddle Invert		Shoulder Mount	Gargoyle
		Upright Crucifix		Sneaky V	Helix
		Violator			Icarus
		Wrist Seat			Iguana
					Iron X
					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	16 moves	23 moves	16 moves	21 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini