# Shannon Wasilewski Level Map

Attleboro

Pole Level Mapper

## NEWBIE
4 moves


Body Rolls


Dip Turn


Pirouette


Pole Walk

## LOW BEGINNER
17 moves


Attitude Spin


Back Hook


Carousel Spin


Chair Spin


Cradle Spin


Fan Kick


Fireman Spin


Forearm Stand


Front Hook


Hollywood Spin


Juliet Spin


Knee Spin


Lady Seat


Rockstar Spin


Secretary Seat


Skater Spin


Upright Crucifix

## HIGH BEGINNER
17 moves


Baby Snake


Boomerang Spin


Climb


Cross Knee Layback


Genie


Goddess


Inverted Crucifix


Jasmine


Martini


Reverse Grab


Scissor Seat


Side Climb


Snowflake


Stargazer


Straddle Invert


Violator


Wrist Seat

## LOW INTERMEDIATE
8 moves


Aerial Straddle Invert


Air Walk


Cross Ankle Layback


Embrace


Flatline


Mercury


Reiko Split


Remi Seat

## HIGH INTERMEDIATE
27 moves


Allegra


Ayesha


Ballerina


Bee's Knees


Butterfly


Caterpillar Climb


Cheeba Split


Chest Press Butterfly


Dove


Dragonfly


Extended Butterfly


Figurehead


Foot Mount


Hang Glider


Hip Hold


Inside Leg Hang


Inverted D


Jackknife


Jade

## ADVANCED
50 moves


A-Frame


Advanced Plank


Aerial Shoulder Mount


Archer


Batwing


Bird of Paradise


Brass Bridge


Brass Monkey


Broken Doll


Chopsticks


Cocoon


Cupid


Dangerous Bird


Daredevil


Deathlay


Dragontail


Duchess


Eagle


Eros

| NEWBIE | LOW BEGINNER | HIGH BEGINNER | LOW INTERMEDIATE | HIGH INTERMEDIATE | ADVANCED |
|---|---|---|---|---|---|
| 4 moves | 17 moves | 17 moves | 8 moves | 27 moves | 50 moves |
| | | | |  Jamilla |  Flag |
| | | | |  Machine Gun |  Flying K |
| | | | |  Marion Amber |  Fonji |
| | | | |  Outside Leg Hang |  Gargoyle |
| | | | |  Poisson |  Gemini Climb |
| | | | |  Shoulder Mount |  Helix |
| | | | |  Side Saddle |  Icarus |
| | | | |  Superman |  Iguana |
| | | | | |  Iron X |
| | | | | |  Jallegra |
| | | | | |  Janeiro |
| | | | | |  Knee Bocker |
| | | | | |  Leg Switch |
| | | | | |  Libellula |
| | | | | |  Marley |
| | | | | |  Meathook |
| | | | | |  Phoenix |
| | | | | |  Rainbow Marchenko |
| | | | | |  Rocketman |

| NEWBIE | LOW BEGINNER | HIGH BEGINNER | LOW INTERMEDIATE | HIGH INTERMEDIATE | ADVANCED |
|---|---|---|---|---|---|
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Russian Layback


Russian Split


Seahorse


Sneaky V


Spatchcock


Starfish


Teddy


Torso Switch


Tulip


Upright Sailboat


Vortex


Yogini