Cardiff Uni Level Map

Cardiff

Pole Level Mapper

NEWBIE
4 moves

-  Body Rolls
-  Dip Turn
-  Pirouette
-  Pole Walk

LOW BEGINNER
13 moves

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

HIGH BEGINNER
18 moves

-  Baby Snake
-  Ballerina
-  Boomerang Spin
-  Climb
-  Cross Knee Layback
-  Fan Kick
- Forearm Stand
-  Inverted Crucifix
-  Lady Seat
-  Martini
-  Reverse Grab
-  Scissor Seat
-  Side Climb
-  Snowflake
-  Stargazer
-  Straddle Invert
-  Upright Crucifix
-  Wrist Seat

LOW INTERMEDIATE
20 moves

-  Air Walk
-  Butterfly
-  Cross Ankle Layback
-  Embrace
-  Extended Butterfly
- Figurehead
- Flatline
- Genie
- Goddess
- Hip Hold
- Inside Leg Hang
- Jasmine
- Mercury
- Outside Leg Hang
- Poisson
- Reiko Split
- Remi Seat
- Teddy
- Tulip

HIGH INTERMEDIATE
26 moves

- Aerial Straddle Invert
- Allegra
- Archer
- Bee's Knees
- Brass Bridge
- Brass Monkey
- Caterpillar Climb
- Chest Press Butterfly
- Dove
- Dragonfly
- Duchess
- Eros
- Foot Mount
- Gemini Climb
- Hang Glider
- Iguana
- Inverted D
- Jade
- Jamilla

ADVANCED
42 moves

- A-Frame
- Advanced Plank
- Aerial Shoulder Mount
- Ayesha
- Batwing
- Bird of Paradise
- Broken Doll
- Cheeba Split
- Chopsticks
- Cocoon
- Cupid
- Dangerous Bird
- Daredevil
- Deathlay
- Dragontail
- Eagle
- Flag
- Flying K
- Fonji

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	13 moves	18 moves	20 moves	26 moves	42 moves
			 Violator	 Leg Switch	 Gargoyle
				 Marley	 Helix
				 Shoulder Mount	 Icarus
				 Side Superman	 Iron X
				 Sneaky V	 Jackknife
				 Superman	 Jallegra
				 Torso Switch	 Janeiro
					 Knee Bocker
					 Libellula
					 Machine Gun
					 Marion Amber
					 Meathook
					 Phoenix
					 Rainbow Marchenko
					 Rocketman
					 Russian Layback
					 Russian Split
					 Seahorse
					 Spatchcock

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	13 moves	18 moves	20 moves	26 moves	42 moves



Starfish



Upright Sailboat



Vortex



Yogini