# J Level Map

Orange ca

Pole Level Mapper

## NEWBIE
4 moves

- Body Rolls
- Dip Turn
- Pirouette
- Pole Walk

## LOW BEGINNER
22 moves

- Attitude Spin
- Baby Snake
- Back Hook
- Carousel Spin
- Chair Spin
- Cradle Spin
- Cross Knee Layback
- Fan Kick
- Fireman Spin
- Forearm Stand
- Front Hook
- Hollywood Spin
- Juliet Spin
- Knee Spin
- Lady Seat
- Rockstar Spin
- Scissor Seat
- Secretary Seat
- Skater Spin

## HIGH BEGINNER
9 moves

- Boomerang Spin
- Climb
- Inverted Crucifix
- Martini
- Reverse Grab
- Side Climb
- Snowflake
- Straddle Invert
- Violator

## LOW INTERMEDIATE
25 moves

- Aerial Straddle Invert
- Air Walk
- Ayesha
- Bee's Knees
- Cheeba Split
- Cross Ankle Layback
- Dove
- Dragonfly
- Embrace
- Figurehead
- Flatline
- Genie
- Goddess
- Hip Hold
- Inside Leg Hang
- Jamilla
- Jasmine
- Machine Gun
- Marion Amber

## HIGH INTERMEDIATE
20 moves

- Allegra
- Ballerina
- Brass Bridge
- Brass Monkey
- Butterfly
- Caterpillar Climb
- Chest Press Butterfly
- Eros
- Extended Butterfly
- Foot Mount
- Gemini Climb
- Hang Glider
- Inverted D
- Jackknife
- Jade
- Leg Switch
- Poisson
- Shoulder Mount
- Sneaky V

## 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
4 moves

## LOW BEGINNER
22 moves


Stargazer


Upright Crucifix


Wrist Seat

## HIGH BEGINNER
9 moves

## LOW INTERMEDIATE
25 moves


Mercury


Outside Leg Hang


Reiko Split


Remi Seat


Side Saddle


Superman

## HIGH INTERMEDIATE
20 moves


Torso Switch

## ADVANCED
43 moves


Gargoyle


Helix


Icarus


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 | 22 moves | 9 moves | 25 moves | 20 moves | 43 moves |



Teddy



Tulip



Upright Sailboat



Vortex



Yogini