Sydney MacDonald Level Map

Hopkinton, MA

Pole Level Mapper

NEWBIE
12 moves

- Attitude Spin
- Back Hook
- Body Rolls
- Chair Spin
- Dip Turn
- Fireman Spin
- Front Hook
- Genie
- Goddess
- Jasmine
- Pirouette
- Pole Walk

LOW BEGINNER
12 moves

- Carousel Spin
- Cradle Spin
- Fan Kick
- Forearm Stand
- Hollywood Spin
- Juliet Spin
- Knee Spin
- Lady Seat
- Rockstar Spin
- Secretary Seat
- Skater Spin
- Upright Crucifix

HIGH BEGINNER
9 moves

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

LOW INTERMEDIATE
13 moves

- Aerial Straddle Invert
- Air Walk
- Cross Ankle Layback
- Dragonfly
- Embrace
- Figurehead
- Flatline
- Hip Hold
- Inside Leg Hang
- Mercury
- Outside Leg Hang
- Reiko Split
- Remi Seat

HIGH INTERMEDIATE
25 moves

- Allegra
- Baby Snake
- Ballerina
- Bee's Knees
- Butterfly
- Caterpillar Climb
- Chest Press Butterfly
- Cross Knee Layback
- Dove
- Extended Butterfly
- Foot Mount
- Gemini Climb
- Hang Glider
- Inverted D
- Jackknife
- Jade
- Jamilla
- Leg Switch
- Poisson

ADVANCED
52 moves

- A-Frame
- Advanced Plank
- Aerial Shoulder Mount
- Archer
- Ayesha
- Batwing
- Bird of Paradise
- Brass Bridge
- Brass Monkey
- Broken Doll
- Cheeba Split
- Chopsticks
- Cocoon
- Cupid
- Dangerous Bird
- Daredevil
- Deathlay
- Dragontail
- Duchess

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
12 moves	12 moves	9 moves	13 moves	25 moves	52 moves
				Scissor Seat	Eagle
				Side Saddle	Eros
				Stargazer	Flag
				Superman	Flying K
				Torso Switch	Fonji
				Wrist Seat	Gargoyle
					Helix
					Icarus
					Iguana
					Iron X
					Jallegra
					Janeiro
					Knee Bocker
					Libellula
					Machine Gun
					Marion Amber
					Marley
					Meathook
					Phoenix

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
12 moves	12 moves	9 moves	13 moves	25 moves	52 moves


Rainbow Marchenko


Rocketman


Russian Layback


Russian Split


Seahorse


Shoulder Mount


Sneaky V


Spatchcock


Starfish


Teddy


Tulip


Upright Sailboat


Vortex


Yogini