YQR Pole Academy Level Map

Regina

Pole Level Mapper

NEWBIE
4 moves

-  Body Rolls
-  Dip Turn
-  Pirouette
-  Pole Walk

LOW BEGINNER
10 moves

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

HIGH BEGINNER
15 moves

-  Climb
-  Fan Kick
- Forearm Stand
-  Genie
-  Goddess
-  Inverted Crucifix
-  Jasmine
-  Juliet Spin
-  Lady Seat
-  Martini
-  Reverse Grab
-  Side Climb
-  Snowflake
-  Upright Crucifix
-  Violator

LOW INTERMEDIATE
30 moves

-  Aerial Straddle Invert
-  Air Walk
-  Baby Snake
-  Bee's Knees
-  Boomerang Spin
-  Butterfly
-  Cross Ankle Layback
-  Cross Knee Layback
-  Dragonfly
-  Embrace
-  Extended Butterfly
- Figurehead
- Flatline
- Hip Hold
- Inside Leg Hang
- Inverted D
- Jamilla
- Mercury
- Outside Leg Hang

HIGH INTERMEDIATE
17 moves

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

ADVANCED
47 moves

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

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	10 moves	15 moves	30 moves	17 moves	47 moves
			Poisson		Flying K
			Reiko Split		Fonji
			Remi Seat		Gargoyle
			Rockstar Spin		Helix
			Scissor Seat		Icarus
			Side Saddle		Iguana
			Skater Spin		Iron X
			Stargazer		Jallegra
			Straddle Invert		Janeiro
			Superman		Knee Bocker
			Wrist Seat		Libellula
					Machine Gun
					Marion Amber
					Marley
					Meathook
					Phoenix
					Rainbow Marchenko
					Rocketman
					Russian Layback

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	10 moves	15 moves	30 moves	17 moves	47 moves


Russian Split


Seahorse


Spatchcock


Starfish


Teddy


Tulip


Upright Sailboat


Vortex


Yogini