Rise Above Aerial Arts Level Map

Columbia, MD

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
- Martini
- Secretary Seat
- Skater Spin
- Upright Crucifix

HIGH BEGINNER
17 moves

- Baby Snake
- Boomerang Spin
- Climb
- Cross Knee Layback
- Genie
- Goddess
- Inverted Crucifix
- Jasmine
- Reverse Grab
- Rockstar Spin
- Scissor Seat
- Side Climb
- Snowflake
- Stargazer
- Straddle Invert
- Violator
- Wrist Seat

LOW INTERMEDIATE
12 moves

- Aerial Straddle Invert
- Air Walk
- Bee's Knees
- Cross Ankle Layback
- Dove
- Embrace
- Flatline
- Jamilla
- Mercury
- Remi Seat
- Side Saddle
- Superman

HIGH INTERMEDIATE
20 moves

- Allegra
- Ballerina
- Brass Bridge
- Butterfly
- Caterpillar Climb
- Chest Press Butterfly
- Extended Butterfly
- Figurehead
- Foot Mount
- Hang Glider
- Hip Hold
- Inside Leg Hang
- Inverted D
- Jackknife
- Outside Leg Hang
- Poisson
- Reiko Split
- Shoulder Mount
- Teddy

ADVANCED
53 moves

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

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	17 moves	17 moves	12 moves	20 moves	53 moves
				 Tulip	 Eagle  Eros  Flag  Flying K  Fonji  Gargoyle  Gemini Climb  Helix  Icarus  Iguana  Iron X  Jade  Jallegra  Janeiro  Knee Bocker  Leg Switch  Libellula  Machine Gun  Marion Amber

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	17 moves	17 moves	12 moves	20 moves	53 moves


Marley


Meathook


Phoenix


Rainbow Marchenko


Rocketman


Russian Layback


Russian Split


Seahorse


Sneaky V


Spatchcock


Starfish


Torso Switch


Upright Sailboat


Vortex


Yogini