JB Level Map

LA

Pole Level Mapper

NEWBIE
9 moves

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

LOW BEGINNER
16 moves

- Baby Snake
- Carousel Spin
- Cradle Spin
- Cross Knee Layback
- Genie
- Goddess
- Hollywood Spin
- Jasmine
- Juliet Spin
- Knee Spin
- Rockstar Spin
- Scissor Seat
- Secretary Seat
- Skater Spin
- Stargazer
- Wrist Seat

HIGH BEGINNER
28 moves

- Bee's Knees
- Boomerang Spin
- Brass Bridge
- Brass Monkey
- Butterfly
- Climb
- Dove
- Dragonfly
- Eros
- Extended Butterfly
- Figurehead
- Hip Hold
- Inside Leg Hang
- Inverted Crucifix
- Inverted D
- Jackknife
- Jamilla
- Martini
- Outside Leg Hang

LOW INTERMEDIATE
15 moves

- Aerial Straddle Invert
- Air Walk
- Cross Ankle Layback
- Embrace
- Fan Kick
- Flatline
- Forearm Stand
- Gemini Climb
- Lady Seat
- Leg Switch
- Mercury
- Reiko Split
- Remi Seat
- Torso Switch
- Upright Crucifix

HIGH INTERMEDIATE
8 moves

- Allegra
- Ballerina
- Caterpillar Climb
- Chest Press Butterfly
- Foot Mount
- Hang Glider
- Jade
- Shoulder Mount

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
9 moves	16 moves	28 moves	15 moves	8 moves	47 moves
		Poisson			Flying K
		Reverse Grab			Fonji
		Side Climb			Gargoyle
		Side Saddle			Helix
		Sneaky V			Icarus
		Snowflake			Iguana
		Straddle Invert			Iron X
		Superman			Jallegra
		Violator			Janeiro
					Knee Bocker
					Libellula
					Machine Gun
					Marion Amber
					Marley
					Meathook
					Phoenix
					Rainbow Marchenko
					Rocketman
					Russian Layback

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
9 moves	16 moves	28 moves	15 moves	8 moves	47 moves


Russian Split


Seahorse


Spatchcock


Starfish


Teddy


Tulip


Upright Sailboat


Vortex


Yogini