Iida Seppälä Level Map

Kouvola

Pole Level Mapper

NEWBIE
0 moves

LOW BEGINNER
12 moves


Ayesha


Carousel Spin


Cheeba Split


Cradle Spin


Hollywood Spin


Juliet Spin


Knee Spin


Machine Gun


Marion Amber


Rockstar Spin


Secretary Seat


Skater Spin

HIGH BEGINNER
18 moves


Bee's Knees


Boomerang Spin


Brass Bridge


Brass Monkey


Climb


Dove


Eros


Inverted Crucifix


Jamilla


Martini


Reverse Grab


Side Climb


Side Saddle


Sneaky V


Snowflake


Straddle Invert


Superman


Violator

LOW INTERMEDIATE
17 moves


Aerial Straddle Invert


Air Walk


Baby Snake


Cross Ankle Layback


Cross Knee Layback


Embrace


Fan Kick


Flatline

Forearm Stand


Lady Seat

Mercury

Reiko Split

Remi Seat

Scissor Seat

Stargazer

Upright Crucifix

Wrist Seat

HIGH INTERMEDIATE
16 moves

Allegra

Attitude Spin

Back Hook

Ballerina

Caterpillar Climb

Chair Spin

Chest Press Butterfly

Fireman Spin

Foot Mount

Front Hook

Genie

Goddess

Hang Glider

Jade

Jasmine

Shoulder Mount

ADVANCED
60 moves

A-Frame

Advanced Plank

Aerial Shoulder Mount

Archer

Batwing

Bird of Paradise

Body Rolls

Broken Doll

Butterfly

Chopsticks

Cocoon

Cupid

Dangerous Bird

Daredevil

Deathlay

Dip Turn

Dragonfly

Dragontail

Duchess

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
0 moves	12 moves	18 moves	17 moves	16 moves	60 moves


Eagle


Extended Butterfly


Figurehead


Flag


Flying K


Fonji


Gargoyle


Gemini Climb


Helix


Hip Hold


Icarus


Iguana


Inside Leg Hang


Inverted D


Iron X


Jackknife


Jallegra


Janeiro


Knee Bocker

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
0 moves	12 moves	18 moves	17 moves	16 moves	60 moves


Leg Switch


Libellula


Marley


Meathook


Outside Leg Hang


Phoenix


Pirouette


Poisson


Pole Walk


Rainbow Marchenko


Rocketman


Russian Layback


Russian Split


Seahorse


Spatchcock


Starfish


Teddy

Torso Switch


Tulip

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
0 moves	12 moves	18 moves	17 moves	16 moves	60 moves



Upright Sailboat



Vortex



Yogini