Emily Jiang Level Map

New York

Pole Level Mapper

NEWBIE
13 moves

- Attitude Spin
- Back Hook
- Body Rolls
- Chair Spin
- Dip Turn
- Fan Kick
- Fireman Spin
- Forearm Stand
- Front Hook
- Lady Seat
- Pirouette
- Pole Walk
- Upright Crucifix

LOW BEGINNER
11 moves

- Carousel Spin
- Cradle Spin
- Genie
- Goddess
- Hollywood Spin
- Jasmine
- Juliet Spin
- Knee Spin
- Rockstar Spin
- Secretary Seat
- Skater Spin

HIGH BEGINNER
29 moves

- Baby Snake
- Bee's Knees
- Boomerang Spin
- Butterfly
- Climb
- Cross Knee Layback
- Dove
- Dragonfly
- Extended Butterfly
- Figurehead
- Hip Hold
- Inside Leg Hang
- Inverted Crucifix
- Inverted D
- Jackknife
- Jamilla
- Martini
- Outside Leg Hang
- Poisson

LOW INTERMEDIATE
15 moves

- Aerial Straddle Invert
- Air Walk
- Brass Bridge
- Brass Monkey
- Cross Ankle Layback
- Embrace
- Eros
- Flatline
- Gemini Climb
- Leg Switch
- Mercury
- Reiko Split
- Remi Seat
- Sneaky V
- Torso Switch

HIGH INTERMEDIATE
12 moves

- Allegra
- Ayesha
- Ballerina
- Caterpillar Climb
- Cheeba Split
- Chest Press Butterfly
- Foot Mount
- Hang Glider
- Jade
- Machine Gun
- Marion Amber
- Shoulder Mount

ADVANCED
43 moves

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

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
13 moves	11 moves	29 moves	15 moves	12 moves	43 moves
		Reverse Grab			Gargoyle
		Scissor Seat			Helix
		Side Climb			Icarus
		Side Saddle			Iguana
		Snowflake			Iron X
		Stargazer			Jallegra
		Straddle Invert			Janeiro
		Superman			Knee Bocker
		Violator			Libellula
		Wrist Seat			Marley
					Meathook
					Phoenix
					Rainbow Marchenko
					Rocketman
					Russian Layback
					Russian Split
					Seahorse
					Spatchcock
					Starfish

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
13 moves	11 moves	29 moves	15 moves	12 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini