Caitlin Richardson Level Map

Kingsport, TN

Pole Level Mapper

NEWBIE
8 moves

- Body Rolls
- Dip Turn
- Fan Kick
- Front Hook
- Pirouette
- Pole sit
- Pole Walk
- Upright Crucifix

LOW BEGINNER
13 moves

- Attitude Spin
- Back Hook
- Chair Spin
- Climb
- Fireman Spin
- Genie
- Hollywood Spin
- Jasmine
- Knee Spin
- Scissor Seat
- Secretary Seat
- Skater Spin
- Wrist Seat

HIGH BEGINNER
11 moves

- Baby Snake
- Carousel Spin
- Figurehead
- Goddess
- Lady Seat
- Martini
- Remi Seat
- Side Climb
- Snowflake
- Stargazer
- Teddy

LOW INTERMEDIATE
40 moves

- Aerial Straddle Invert
- Allegra
- Ballerina
- Bee's Knees
- Boomerang Spin
- Brass Monkey
- Butterfly
- Chopsticks
- Cradle Spin
- Cross Ankle Layback
- Cross Knee Layback
- Daredevil
- Dragonfly
- Embrace
- Eros
- Extended Butterfly
- Flag
- Flatline
- Forearm Stand

HIGH INTERMEDIATE
21 moves

- Air Walk
- Ayesha
- Brass Bridge
- Broken Doll
- Caterpillar Climb
- Cheeba Split
- Chest Press Butterfly
- Dove
- Foot Mount
- Gemini Climb
- Hang Glider
- Helix
- Jade
- Libellula
- Machine Gun
- Marion Amber
- Seahorse
- Shoulder Mount
- Sneaky V

ADVANCED
31 moves

- A-Frame
- Advanced Plank
- Aerial Shoulder Mount
- Archer
- Batwing
- Bird of Paradise
- Cocoon
- Cupid
- Dangerous Bird
- Deathlay
- Dragontail
- Duchess
- Eagle
- Flying K
- Fonji
- Icarus
- Iguana
- Iron X
- Jallegra

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
8 moves	13 moves	11 moves	40 moves	21 moves	31 moves
			 Gargoyle	 Torso Switch	 Janeiro
			 Hip Hold	 Vortex	 Meathook
			 Inside Leg Hang		 Phoenix
			 Inverted Crucifix		 Rainbow Marchenko
			 Inverted D		 Rocketman
			 Jackknife		 Russian Layback
			 Jamilla		 Russian Split
			 Juliet Spin		 Spatchcock
			 Knee Bocker		 Starfish
			 Leg Switch		 Tulip
			 Marley		 Upright Sailboat
			 Mercury		 Yogini
			 Outside Leg Hang		
			 Poisson		
			 Reiko Split		
			 Reverse Grab		
			 Rockstar Spin		
			 Side Saddle		
			 Straddle Invert		

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
8 moves	13 moves	11 moves	40 moves	21 moves	31 moves
			 Superman		
			 Violator		