Maria Yibirin Level Map

Pawtucket RI

Pole Level Mapper

NEWBIE
4 moves

- Body Rolls
- Dip Turn
- Pirouette
- Pole Walk

LOW BEGINNER
26 moves

- Attitude Spin
- Baby Snake
- Back Hook
- Butterfly
- Carousel Spin
- Chair Spin
- Cradle Spin
- Cross Knee Layback
- Extended Butterfly
- Fireman Spin
- Front Hook
- Genie
- Goddess
- Hollywood Spin
- Inverted D
- Jackknife
- Jasmine
- Juliet Spin
- Knee Spin

HIGH BEGINNER
22 moves

- Boomerang Spin
- Brass Bridge
- Brass Monkey
- Climb
- Dragonfly
- Eros
- Fan Kick
- Figurehead
- Forearm Stand
- Hip Hold
- Inside Leg Hang
- Inverted Crucifix
- Lady Seat
- Martini
- Outside Leg Hang
- Reverse Grab
- Side Climb
- Sneaky V
- Snowflake

LOW INTERMEDIATE
11 moves

- Aerial Straddle Invert
- Air Walk
- Cross Ankle Layback
- Embrace
- Flatline
- Gemini Climb
- Leg Switch
- Mercury
- Reiko Split
- Remi Seat
- Torso Switch

HIGH INTERMEDIATE
8 moves

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

ADVANCED
52 moves

- A-Frame
- Advanced Plank
- Aerial Shoulder Mount
- Archer
- Ayesha
- Batwing
- Bee's Knees
- Bird of Paradise
- Broken Doll
- Cheeba Split
- Chopsticks
- Cocoon
- Cupid
- Dangerous Bird
- Daredevil
- Deathlay
- Dove
- Dragontail
- Duchess

NEWBIE
4 moves

LOW BEGINNER
26 moves


Poisson


Rockstar Spin


Scissor Seat


Secretary Seat


Skater Spin


Stargazer


Wrist Seat

HIGH BEGINNER
22 moves


Straddle Invert


Upright Crucifix


Violator

LOW INTERMEDIATE
11 moves

HIGH INTERMEDIATE
8 moves

ADVANCED
52 moves


Eagle


Flag


Flying K


Fonji


Gargoyle


Helix


Icarus


Iguana


Iron X


Jallegra


Jamilla


Janeiro


Knee Bocker


Libellula


Machine Gun


Marion Amber


Marley


Meathook


Phoenix

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	26 moves	22 moves	11 moves	8 moves	52 moves


Rainbow Marchenko


Rocketman


Russian Layback


Russian Split


Seahorse


Side Saddle


Spatchcock


Starfish


Superman


Teddy


Tulip


Upright Sailboat


Vortex


Yogini