Ashley Koehler Level Map

Fort Myers, FL

Pole Level Mapper

NEWBIE
4 moves

-  Body Rolls
-  Dip Turn
-  Pirouette
-  Pole Walk

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
23 moves

-  Attitude Spin
-  Baby Snake
-  Back Hook
-  Boomerang Spin
-  Chair Spin
-  Climb
-  Cross Knee Layback
-  Fan Kick
-  Fireman Spin
- Forearm Stand
-  Front Hook
-  Inverted Crucifix
- Lady Seat
-  Martini
-  Reverse Grab
-  Scissor Seat
-  Side Climb
-  Snowflake
-  Stargazer

LOW INTERMEDIATE
27 moves

-  Aerial Straddle Invert
-  Air Walk
-  Bee's Knees
-  Brass Bridge
-  Brass Monkey
-  Butterfly
- Cross Ankle Layback
- Dove
- Dragonfly
- Embrace
- Eros
- Extended Butterfly
- Figurehead
- Flatline
- Hip Hold
- Inside Leg Hang
- Inverted D
- Jackknife
- Jamilla

HIGH INTERMEDIATE
11 moves

- Allegra
- Ballerina
- Caterpillar Climb
- Chest Press Butterfly
- Foot Mount
- Gemini Climb
- Hang Glider
- Jade
- Leg Switch
- Shoulder Mount
- Torso Switch

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
4 moves	11 moves	23 moves	27 moves	11 moves	47 moves
		Straddle Invert	Mercury		Flying K
		Upright Crucifix	Outside Leg Hang		Fonji
		Violator	Poisson		Gargoyle
		Wrist Seat	Reiko Split		Helix
			Remi Seat		Icarus
			Side Saddle		Iguana
			Sneaky V		Iron X
			Superman		Jallegra
					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
4 moves	11 moves	23 moves	27 moves	11 moves	47 moves


Russian Split


Seahorse


Spatchcock


Starfish


Teddy


Tulip


Upright Sailboat


Vortex


Yogini