Mel Level Map

D

Pole Level Mapper

NEWBIE
0 moves

LOW BEGINNER
12 moves

-  Body Rolls
-  Carousel Spin
-  Cradle Spin
-  Dip Turn
-  Hollywood Spin
-  Juliet Spin
-  Knee Spin
-  Pirouette
-  Pole Walk
-  Rockstar Spin
-  Secretary Seat
-  Skater Spin

HIGH BEGINNER
26 moves

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

LOW INTERMEDIATE
13 moves

-  Aerial Straddle Invert
-  Air Walk
-  Cross Ankle Layback
-  Dragonfly
-  Embrace
-  Figurehead
-  Flatline
-  Hip Hold
-  Inside Leg Hang
- Mercury
- Outside Leg Hang
- Reiko Split
- Remi Seat

HIGH INTERMEDIATE
21 moves

- Allegra
- Ballerina
- Bee's Knees
- Butterfly
- Caterpillar Climb
- Chest Press Butterfly
- Dove
- Extended Butterfly
- Foot Mount
- Gemini Climb
- Hang Glider
- Inverted D
- Jackknife
- Jade
- Jamilla
- Leg Switch
- Poisson
- Shoulder Mount
- Side Saddle

ADVANCED
51 moves

- A-Frame
- Advanced Plank
- Aerial Shoulder Mount
- Archer
- Ayesha
- Batwing
- Bird of Paradise
- Brass Bridge
- Brass Monkey
- Broken Doll
- Cheeba Split
- Chopsticks
- Cocoon
- Cupid
- Dangerous Bird
- Daredevil
- Deathlay
- Dragontail
- Duchess

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
0 moves	12 moves	26 moves	13 moves	21 moves	51 moves
		Side Climb		Superman	Eagle
		Snowflake		Torso Switch	Eros
		Stargazer			Flag
		Straddle Invert			Flying K
		Upright Crucifix			Fonji
		Violator			Gargoyle
		Wrist Seat			Helix
					Icarus
					Iguana
					Iron X
					Jallegra
					Janeiro
					Knee Bocker
					Libellula
					Machine Gun
					Marion Amber
					Marley
					Meathook
					Phoenix

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
0 moves	12 moves	26 moves	13 moves	21 moves	51 moves


Rainbow Marchenko


Rocketman


Russian Layback


Russian Split


Seahorse


Sneaky V


Spatchcock


Starfish


Teddy


Tulip


Upright Sailboat


Vortex


Yogini