NA Level Map

North carolina

Pole Level Mapper

NEWBIE
4 moves

-  Body Rolls
-  Dip Turn
-  Pirouette
-  Pole Walk

LOW BEGINNER
8 moves

-  Carousel Spin
-  Cradle Spin
-  Hollywood Spin
-  Juliet Spin
-  Knee Spin
-  Rockstar Spin
-  Secretary Seat
-  Skater Spin

HIGH BEGINNER
18 moves

-  Attitude Spin
-  Back Hook
-  Boomerang Spin
-  Chair Spin
-  Climb
-  Fan Kick
-  Fireman Spin
- Forearm Stand
-  Front Hook
-  Inverted Crucifix
-  Lady Seat
-  Martini
-  Reverse Grab
-  Side Climb
-  Snowflake
-  Straddle Invert
-  Upright Crucifix
-  Violator

LOW INTERMEDIATE
13 moves

-  Aerial Straddle Invert
-  Air Walk
-  Baby Snake
-  Cross Ankle Layback
-  Cross Knee Layback
-  Embrace
-  Flatline
-  Mercury
-  Reiko Split
-  Remi Seat
- Scissor Seat
- Stargazer
- Wrist Seat

HIGH INTERMEDIATE
11 moves

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

ADVANCED
69 moves

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

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	8 moves	18 moves	13 moves	11 moves	69 moves


Dove


Dragonfly


Dragontail


Duchess


Eagle


Eros


Extended Butterfly


Figurehead


Flag


Flying K


Fonji


Gargoyle


Gemini Climb


Helix


Hip Hold


Icarus


Iguana

Inside Leg Hang


Inverted D

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	8 moves	18 moves	13 moves	11 moves	69 moves


Iron X


Jackknife


Jallegra


Jamilla


Janeiro


Knee Bocker


Leg Switch


Libellula


Machine Gun


Marion Amber


Marley


Meathook


Outside Leg Hang


Phoenix


Poisson


Rainbow Marchenko


Rocketman


Russian Layback


Russian Split

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	8 moves	18 moves	13 moves	11 moves	69 moves


Seahorse


Side Saddle


Sneaky V


Spatchcock


Starfish


Superman


Teddy


Torso Switch


Tulip


Upright Sailboat


Vortex


Yogini