Ana b Level Map

San Diego

Pole Level Mapper

NEWBIE
8 moves

- Body Rolls
- Dip Turn
- Fan Kick
- Forearm Stand
- Lady Seat
- Pirouette
- Pole Walk
- Upright Crucifix

LOW BEGINNER
12 moves

- Back Hook
- Carousel Spin
- Cradle Spin
- Genie
- Goddess
- Hollywood Spin
- Jasmine
- Juliet Spin
- Knee Spin
- Rockstar Spin
- Secretary Seat
- Skater Spin

HIGH BEGINNER
14 moves

- Attitude Spin
- Boomerang Spin
- Chair Spin
- Climb
- Fireman Spin
- Front Hook
- Inverted Crucifix
- Martini
- Reverse Grab
- Scissor Seat
- Side Climb
- Snowflake
- Straddle Invert
- Violator

LOW INTERMEDIATE
16 moves

- Air Walk
- Baby Snake
- Cross Knee Layback
- Dragonfly
- Embrace
- Figurehead
- Flatline
- Hip Hold
- Mercury
- Outside Leg Hang
- Reiko Split
- Remi Seat
- Seahorse
- Stargazer
- Tulip
- Wrist Seat

HIGH INTERMEDIATE
29 moves

- Aerial Straddle Invert
- Allegra
- Ballerina
- Bee's Knees
- Brass Bridge
- Brass Monkey
- Butterfly
- Caterpillar Climb
- Chest Press Butterfly
- Cross Ankle Layback
- Dove
- Eros
- Extended Butterfly
- Foot Mount
- Gemini Climb
- Hang Glider
- Inside Leg Hang
- Inverted D
- Jackknife

ADVANCED
44 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
8 moves	12 moves	14 moves	16 moves	29 moves	44 moves
				 Jade	 Flying K
				 Jamilla	 Fonji
				 Leg Switch	 Gargoyle
				 Poisson	 Helix
				 Shoulder Mount	 Icarus
				 Side Saddle	 Iguana
				 Sneaky V	 Iron X
				 Superman	 Jallegra
				 Teddy	 Janeiro
				 Torso Switch	 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
8 moves	12 moves	14 moves	16 moves	29 moves	44 moves



Russian Split



Spatchcock



Starfish



Upright Sailboat



Vortex



Yogini