Cathy Level Map

Bristol UK

Pole Level Mapper

NEWBIE
4 moves

- Body Rolls
- Dip Turn
- Pirouette
- Pole Walk

LOW BEGINNER
22 moves

- Attitude Spin
- Back Hook
- Carousel Spin
- Chair Spin
- Cradle Spin
- Dragonfly
- Fan Kick
- Figurehead
- Fireman Spin
- Forearm Stand
- Front Hook
- Hip Hold
- Hollywood Spin
- Inside Leg Hang
- Juliet Spin
- Knee Spin
- Lady Seat
- Outside Leg Hang
- Rockstar Spin

HIGH BEGINNER
20 moves

- Boomerang Spin
- Butterfly
- Climb
- Extended Butterfly
- Gemini Climb
- Genie
- Goddess
- Inverted Crucifix
- Inverted D
- Jackknife
- Jasmine
- Leg Switch
- Martini
- Poisson
- Reverse Grab
- Side Climb
- Snowflake
- Straddle Invert
- Torso Switch

LOW INTERMEDIATE
18 moves

- Aerial Straddle Invert
- Air Walk
- Baby Snake
- Bee's Knees
- Cross Ankle Layback
- Cross Knee Layback
- Dove
- Embrace
- Flatline
- Jamilla
- Mercury
- Reiko Split
- Remi Seat
- Scissor Seat
- Side Saddle
- Stargazer
- Superman
- Wrist Seat

HIGH INTERMEDIATE
16 moves

- Allegra
- Ayesha
- Ballerina
- Brass Bridge
- Brass Monkey
- Caterpillar Climb
- Cheeba Split
- Chest Press Butterfly
- Eros
- Foot Mount
- Hang Glider
- Jade
- Machine Gun
- Marion Amber
- Shoulder Mount
- Sneaky V

ADVANCED
43 moves

- A-Frame
- Advanced Plank
- Aerial Shoulder Mount
- Archer
- Batwing
- Bird of Paradise
- Broken Doll
- Chopsticks
- Cocoon
- Cupid
- Dangerous Bird
- Daredevil
- Deathlay
- Dragontail
- Duchess
- Eagle
- Flag
- Flying K
- Fonji

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	22 moves	20 moves	18 moves	16 moves	43 moves
	Secretary Seat	Violator			Gargoyle
	Skater Spin				Helix
	Upright Crucifix				Icarus
					Iguana
					Iron X
					Jallegra
					Janeiro
					Knee Bocker
					Libellula
					Marley
					Meathook
					Phoenix
					Rainbow Marchenko
					Rocketman
					Russian Layback
					Russian Split
					Seahorse
					Spatchcock
					Starfish

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	22 moves	20 moves	18 moves	16 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini