Katie Gray Level Map

Frankfurt, Germany

Pole Level Mapper

NEWBIE
13 moves

- Attitude Spin
- Back Hook
- Body Rolls
- Chair Spin
- Dip Turn
- Fan Kick
- Fireman Spin
- Forearm Stand
- Front Hook
- Lady Seat
- Pirouette
- Pole Walk
- Upright Crucifix

LOW BEGINNER
12 moves

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

HIGH BEGINNER
27 moves

- Baby Snake
- Boomerang Spin
- Brass Bridge
- Brass Monkey
- Butterfly
- Climb
- Cross Knee Layback
- Dragonfly
- Eros
- Extended Butterfly
- Figurehead
- Hip Hold
- Inside Leg Hang
- Inverted Crucifix
- Inverted D
- Jackknife
- Outside Leg Hang
- Poisson
- Reverse Grab

LOW INTERMEDIATE
16 moves

- Aerial Straddle Invert
- Air Walk
- Bee's Knees
- Cross Ankle Layback
- Dove
- Embrace
- Flatline
- Gemini Climb
- Jamilla
- Leg Switch
- Mercury
- Reiko Split
- Remi Seat
- Side Saddle
- Superman
- Torso Switch

HIGH INTERMEDIATE
12 moves

- Allegra
- Ayesha
- Ballerina
- Caterpillar Climb
- Cheeba Split
- Chest Press Butterfly
- Foot Mount
- Hang Glider
- Jade
- Machine Gun
- Marion Amber
- Shoulder Mount

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
13 moves	12 moves	27 moves	16 moves	12 moves	43 moves
		Scissor Seat			Gargoyle
		Side Climb			Helix
		Sneaky V			Icarus
		Snowflake			Iguana
		Stargazer			Iron X
		Straddle Invert			Jallegra
		Violator			Janeiro
		Wrist Seat			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
13 moves	12 moves	27 moves	16 moves	12 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini