No Thanks Level Map

Anywhere, AL

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
16 moves

- Carousel Spin
- Cradle Spin
- Dragonfly
- Figurehead
- Genie
- Goddess
- Hip Hold
- Hollywood Spin
- Inside Leg Hang
- Jasmine
- Juliet Spin
- Knee Spin
- Outside Leg Hang
- Rockstar Spin
- Secretary Seat
- Skater Spin

HIGH BEGINNER
22 moves

- Baby Snake
- Bee's Knees
- Boomerang Spin
- Climb
- Cross Knee Layback
- Dove
- Gemini Climb
- Inverted Crucifix
- Jamilla
- Leg Switch
- Martini
- Reverse Grab
- Scissor Seat
- Side Climb
- Side Saddle
- Snowflake
- Stargazer
- Straddle Invert
- Superman

LOW INTERMEDIATE
12 moves

- Aerial Straddle Invert
- Air Walk
- Ayesha
- Cheeba Split
- Cross Ankle Layback
- Embrace
- Flatline
- Machine Gun
- Marion Amber
- Mercury
- Reiko Split
- Remi Seat

HIGH INTERMEDIATE
17 moves

- Allegra
- Ballerina
- Brass Bridge
- Brass Monkey
- Butterfly
- Caterpillar Climb
- Chest Press Butterfly
- Eros
- Extended Butterfly
- Foot Mount
- Hang Glider
- Inverted D
- Jackknife
- Jade
- Poisson
- 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
13 moves	16 moves	22 moves	12 moves	17 moves	43 moves
		Torso Switch			Gargoyle
		Violator			Helix
		Wrist Seat			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
13 moves	16 moves	22 moves	12 moves	17 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini