Linna Level Map

Melbourne Victoria

Pole Level Mapper

NEWBIE
4 moves

-  Fan Kick
- Forearm Stand
-  Lady Seat
-  Upright Crucifix

LOW BEGINNER
17 moves

-  Attitude Spin
-  Back Hook
-  Body Rolls
-  Carousel Spin
-  Chair Spin
-  Cradle Spin
-  Dip Turn
-  Fireman Spin
-  Front Hook
-  Hollywood Spin
-  Juliet Spin
-  Knee Spin
-  Pirouette
-  Pole Walk
-  Rockstar Spin
-  Secretary Seat
-  Skater Spin

HIGH BEGINNER
12 moves

-  Boomerang Spin
-  Climb
-  Genie
-  Goddess
-  Inverted Crucifix
-  Jasmine
-  Martini
-  Reverse Grab
-  Side Climb
-  Snowflake
-  Straddle Invert
-  Violator

LOW INTERMEDIATE
18 moves

-  Aerial Straddle Invert
-  Air Walk
-  Butterfly
-  Cross Ankle Layback
-  Dragonfly
-  Embrace
-  Extended Butterfly
- Figurehead
- Flatline
- Hip Hold
- Inside Leg Hang
- Inverted D
- Jackknife
- Mercury
- Outside Leg Hang
- Poisson
- Reiko Split
- Remi Seat

HIGH INTERMEDIATE
25 moves

- Allegra
- Baby Snake
- Ballerina
- Bee's Knees
- Brass Bridge
- Brass Monkey
- Caterpillar Climb
- Chest Press Butterfly
- Cross Knee Layback
- Dove
- Eros
- Foot Mount
- Gemini Climb
- Hang Glider
- Jade
- Jamilla
- Leg Switch
- Scissor Seat
- Shoulder Mount

ADVANCED
47 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
4 moves	17 moves	12 moves	18 moves	25 moves	47 moves
				Side Saddle	Flying K
				Sneaky V	Fonji
				Stargazer	Gargoyle
				Superman	Helix
				Torso Switch	Icarus
				Wrist Seat	Iguana
					Iron X
					Jallegra
					Janeiro
					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
4 moves	17 moves	12 moves	18 moves	25 moves	47 moves


Russian Split


Seahorse


Spatchcock


Starfish


Teddy


Tulip


Upright Sailboat


Vortex


Yogini