Christina Louis Level Map

Greenbelt, MD

Pole Level Mapper

NEWBIE
0 moves

LOW BEGINNER
21 moves


Attitude Spin


Back Hook


Body Rolls


Carousel Spin


Chair Spin


Cradle Spin


Dip Turn


Fan Kick


Fireman Spin

Forearm Stand


Front Hook


Hollywood Spin


Juliet Spin


Knee Spin


Lady Seat


Pirouette


Pole Walk


Rockstar Spin


Secretary Seat

HIGH BEGINNER
22 moves


Baby Snake


Boomerang Spin


Butterfly


Climb


Cross Knee Layback


Extended Butterfly


Genie


Goddess


Inverted Crucifix


Inverted D


Jackknife


Jasmine


Martini


Poisson


Reverse Grab


Scissor Seat


Side Climb


Snowflake


Stargazer

LOW INTERMEDIATE
18 moves


Aerial Straddle Invert


Air Walk

Bee's Knees

Cross Ankle Layback

Dove

Dragonfly

Embrace

Figurehead

Flatline

Hip Hold

Inside Leg Hang

Jamilla

Mercury

Outside Leg Hang

Reiko Split

Remi Seat

Side Saddle

Superman

HIGH INTERMEDIATE
19 moves

Allegra

Ayesha

Ballerina

Brass Bridge

Brass Monkey

Caterpillar Climb

Cheeba Split

Chest Press Butterfly

Eros

Foot Mount

Gemini Climb

Hang Glider

Jade

Leg Switch

Machine Gun

Marion Amber

Shoulder Mount

Sneaky V

Torso Switch

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
0 moves	21 moves	22 moves	18 moves	19 moves	43 moves
	Skater Spin	Straddle Invert			Gargoyle
	Upright Crucifix	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
0 moves	21 moves	22 moves	18 moves	19 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini