Caitlin Level Map

Chicago, IL

Pole Level Mapper

NEWBIE
4 moves


Body Rolls


Dip Turn


Pirouette


Pole Walk

LOW BEGINNER
6 moves


Back Hook


Fireman Spin


Front Hook


Hollywood Spin


Knee Spin


Secretary Seat

HIGH BEGINNER
15 moves


Attitude Spin


Boomerang Spin


Carousel Spin


Climb


Cradle Spin


Fan Kick


Juliet Spin


Lady Seat


Martini


Reverse Grab


Side Climb


Skater Spin


Snowflake


Upright Crucifix


Violator

LOW INTERMEDIATE
10 moves


Air Walk


Chair Spin


Cross Ankle Layback


Embrace


Flatline

Forearm Stand


Mercury


Reiko Split


Remi Seat


Straddle Invert

HIGH INTERMEDIATE
24 moves


Aerial Straddle Invert


Allegra


Ballerina


Bee's Knees


Caterpillar Climb

Chest Press Butterfly

Dove

Dragonfly

Figurehead

Foot Mount

Genie

Goddess

Hang Glider

Hip Hold

Inside Leg Hang

Inverted Crucifix

Jade

Jamilla

Jasmine

ADVANCED
64 moves

A-Frame

Advanced Plank

Aerial Shoulder Mount

Archer

Ayesha

Baby Snake

Batwing

Bird of Paradise

Brass Bridge

Brass Monkey

Broken Doll

Butterfly

Cheeba Split

Chopsticks

Cocoon

Cross Knee Layback

Cupid

Dangerous Bird

Daredevil

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	6 moves	15 moves	10 moves	24 moves	64 moves
				Outside Leg Hang	Deathlay
				Rockstar Spin	Dragontail
				Shoulder Mount	Duchess
				Side Saddle	Eagle
				Superman	Eros
					Extended Butterfly
					Flag
					Flying K
					Fonji
					Gargoyle
					Gemini Climb
					Helix
					Icarus
					Iguana
					Inverted D
					Iron X
					Jackknife
					Jallegra
					Janeiro

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	6 moves	15 moves	10 moves	24 moves	64 moves


Knee Bocker


Leg Switch


Libellula


Machine Gun


Marion Amber


Marley


Meathook


Phoenix


Poisson


Rainbow Marchenko


Rocketman


Russian Layback


Russian Split


Scissor Seat


Seahorse


Sneaky V


Spatchcock


Starfish


Stargazer

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	6 moves	15 moves	10 moves	24 moves	64 moves


Teddy


Torso Switch


Tulip


Upright Sailboat


Vortex


Wrist Seat


Yogini