COVA Pole & Movement Level Map

Virginia Beach, Virginia

Pole Level Mapper

NEWBIE
9 moves

- Back Hook
- Body Rolls
- Dip Turn
- Fan Kick
- Fireman Spin
- Lady Seat
- Pirouette
- Pole Walk
- Upright Crucifix

LOW BEGINNER
6 moves

- Carousel Spin
- Forearm Stand
- Hollywood Spin
- Knee Spin
- Rockstar Spin
- Secretary Seat

HIGH BEGINNER
22 moves

- Attitude Spin
- Baby Snake
- Boomerang Spin
- Chair Spin
- Chest Press Butterfly
- Climb
- Cradle Spin
- Cross Knee Layback
- Front Hook
- Genie
- Goddess
- Inverted Crucifix
- Jasmine
- Martini
- Scissor Seat
- Side Climb
- Skater Spin
- Snowflake
- Stargazer

LOW INTERMEDIATE
28 moves

- Air Walk
- Bee's Knees
- Brass Monkey
- Butterfly
- Cross Ankle Layback
- Dove
- Dragonfly
- Embrace
- Eros
- Extended Butterfly
- Figurehead
- Flatline
- Foot Mount
- Helix
- Hip Hold
- Inside Leg Hang
- Inverted D
- Jamilla
- Juliet Spin

HIGH INTERMEDIATE
25 moves

- Advanced Plank
- Aerial Straddle Invert
- Allegra
- Archer
- Ballerina
- Brass Bridge
- Caterpillar Climb
- Cupid
- Dragontail
- Duchess
- Gemini Climb
- Hang Glider
- Iguana
- Jade
- Libellula
- Marley
- Poisson
- Reiko Split
- Russian Layback

ADVANCED
33 moves

- A-Frame
- Aerial Shoulder Mount
- Ayesha
- Batwing
- Bird of Paradise
- Broken Doll
- Cheeba Split
- Chopsticks
- Cocoon
- Dangerous Bird
- Daredevil
- Deathlay
- Eagle
- Flag
- Flying K
- Fonji
- Gargoyle
- Icarus
- Iron X

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
9 moves	6 moves	22 moves	28 moves	25 moves	33 moves
		Straddle Invert	Leg Switch	Shoulder Mount	Jackknife
		Violator	Mercury	Sneaky V	Jallegra
		Wrist Seat	Outside Leg Hang	Torso Switch	Janeiro
			Remi Seat	Tulip	Knee Bocker
			Reverse Grab	Upright Sailboat	Machine Gun
			Seahorse	Vortex	Marion Amber
			Side Saddle		Meathook
			Superman		Phoenix
			Teddy		Rainbow Marchenko
					Rocketman
					Russian Split
					Spatchcock
					Starfish
					Yogini