Sila Level Map

Nürnberg

Pole Level Mapper

NEWBIE
4 moves


Body Rolls


Dip Turn


Pirouette


Pole Walk

LOW BEGINNER
18 moves


Attitude Spin


Back Hook


Carousel Spin


Chair Spin


Cradle Spin


Fan Kick


Fireman Spin

Forearm Stand


Front Hook


Hollywood Spin


Juliet Spin


Knee Spin


Lady Seat


Rockstar Spin


Secretary Seat


Skater Spin


Upright Crucifix


Upright Sailboat

HIGH BEGINNER
14 moves


Bee's Knees


Boomerang Spin


Climb


Dove


Inverted Crucifix


Jamilla


Martini


Reverse Grab


Side Climb


Side Saddle


Snowflake


Straddle Invert


Superman


Violator

LOW INTERMEDIATE
8 moves


Aerial Straddle Invert


Air Walk


Cross Ankle Layback


Embrace

Flatline

Mercury

Reiko Split

Remi Seat

HIGH INTERMEDIATE
16 moves

Allegra

Baby Snake

Ballerina

Caterpillar Climb

Chest Press Butterfly

Cross Knee Layback

Foot Mount

Genie

Goddess

Hang Glider

Jade

Jasmine

Scissor Seat

Shoulder Mount

Stargazer

Wrist Seat

ADVANCED
63 moves

A-Frame

Advanced Plank

Aerial Shoulder Mount

Archer

Ayesha

Batwing

Bird of Paradise

Brass Bridge

Brass Monkey

Broken Doll

Butterfly

Cheeba Split

Chopsticks

Cocoon

Cupid

Dangerous Bird

Daredevil

Deathlay

Dragonfly

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	18 moves	14 moves	8 moves	16 moves	63 moves


Dragontail


Duchess


Eagle


Eros


Extended Butterfly


Figurehead


Flag


Flying K


Fonji


Gargoyle


Gemini Climb


Helix


Hip Hold


Icarus


Iguana


Inside Leg Hang


Inverted D


Iron X


Jackknife

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	18 moves	14 moves	8 moves	16 moves	63 moves


Jallegra


Janeiro


Knee Bocker


Leg Switch


Libellula


Machine Gun


Marion Amber


Marley


Meathook


Outside Leg Hang


Phoenix


Poisson


Rainbow Marchenko


Rocketman


Russian Layback


Russian Split


Seahorse


Sneaky V


Spatchcock

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	18 moves	14 moves	8 moves	16 moves	63 moves


Starfish


Teddy


Torso Switch


Tulip


Vortex


Yogini