Sarai Level Map

Providence RI

Pole Level Mapper

NEWBIE
16 moves


Attitude Spin


Back Hook


Body Rolls


Chair Spin


Dip Turn


Fan Kick


Fireman Spin

Forearm Stand


Front Hook


Genie


Goddess


Jasmine


Lady Seat


Pirouette


Pole Walk


Upright Crucifix

LOW BEGINNER
8 moves


Carousel Spin


Cradle Spin


Hollywood Spin


Juliet Spin


Knee Spin


Rockstar Spin


Secretary Seat


Skater Spin

HIGH BEGINNER
25 moves


Baby Snake


Bee's Knees


Boomerang Spin


Chopsticks


Climb


Cross Knee Layback


Dove


Dragonfly


Figurehead


Hip Hold


Inside Leg Hang


Inverted Crucifix


Jamilla


Martini


Outside Leg Hang


Reverse Grab

Scissor Seat

Side Climb

Side Saddle

LOW INTERMEDIATE
17 moves

Aerial Straddle Invert

Air Walk

Butterfly

Cross Ankle Layback

Embrace

Extended Butterfly

Flatline

Gemini Climb

Iguana

Inverted D

Jackknife

Leg Switch

Mercury

Poisson

Reiko Split

Remi Seat

Torso Switch

HIGH INTERMEDIATE
16 moves

Allegra

Ayesha

Ballerina

Brass Bridge

Brass Monkey

Caterpillar Climb

Cheeba Split

Chest Press Butterfly

Eros

Foot Mount

Hang Glider

Jade

Machine Gun

Marion Amber

Shoulder Mount

Sneaky V

ADVANCED
41 moves

A-Frame

Advanced Plank

Aerial Shoulder Mount

Archer

Batwing

Bird of Paradise

Broken Doll

Cocoon

Cupid

Dangerous Bird

Daredevil

Deathlay

Dragontail

Duchess

Eagle

Flag

Flying K

Fonji

Gargoyle

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
16 moves	8 moves	25 moves	17 moves	16 moves	41 moves
		Snowflake			Helix
		Stargazer			Icarus
		Straddle Invert			Iron X
		Superman			Jallegra
		Violator			Janeiro
		Wrist Seat			Knee Bocker
					Libellula
					Marley
					Meathook
					Phoenix
					Rainbow Marchenko
					Rocketman
					Russian Layback
					Russian Split
					Seahorse
					Spatchcock
					Starfish
					Teddy
					Tulip

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
16 moves	8 moves	25 moves	17 moves	16 moves	41 moves



Upright Sailboat



Vortex



Yogini