Sarah Chung Level Map

CA

Pole Level Mapper

NEWBIE
0 moves

LOW BEGINNER
20 moves


Attitude Spin


Back Hook


Body Rolls


Carousel Spin


Chair Spin


Cradle Spin


Dip Turn


Fireman Spin


Front Hook


Genie


Goddess


Hollywood Spin


Jasmine


Juliet Spin


Knee Spin


Pirouette


Pole Walk


Rockstar Spin


Secretary Seat

HIGH BEGINNER
13 moves


Boomerang Spin


Climb


Fan Kick

Forearm Stand


Inverted Crucifix


Lady Seat


Martini


Reverse Grab


Side Climb


Snowflake


Straddle Invert


Upright Crucifix


Violator

LOW INTERMEDIATE
13 moves


Aerial Straddle Invert


Air Walk


Bee's Knees


Cross Ankle Layback


Dove


Embrace


Flatline


Jamilla

Mercury

Reiko Split

Remi Seat

Side Saddle

Superman

HIGH INTERMEDIATE
27 moves

Allegra

Baby Snake

Ballerina

Brass Bridge

Brass Monkey

Butterfly

Caterpillar Climb

Chest Press Butterfly

Cross Knee Layback

Dragonfly

Eros

Extended Butterfly

Figurehead

Foot Mount

Hang Glider

Hip Hold

Inside Leg Hang

Inverted D

Jackknife

ADVANCED
50 moves

A-Frame

Advanced Plank

Aerial Shoulder Mount

Archer

Ayesha

Batwing

Bird of Paradise

Broken Doll

Cheeba Split

Chopsticks

Cocoon

Cupid

Dangerous Bird

Daredevil

Deathlay

Dragontail

Duchess

Eagle

Flag

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
0 moves	20 moves	13 moves	13 moves	27 moves	50 moves
	 Skater Spin			 Jade  Outside Leg Hang  Poisson  Scissor Seat  Shoulder Mount  Sneaky V  Stargazer  Wrist Seat	 Flying K  Fonji  Gargoyle  Gemini Climb  Helix  Icarus  Iguana  Iron X  Jallegra  Janeiro  Knee Bocker  Leg Switch  Libellula  Machine Gun  Marion Amber  Marley  Meathook  Phoenix  Rainbow Marchenko

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
0 moves	20 moves	13 moves	13 moves	27 moves	50 moves


Rocketman


Russian Layback


Russian Split


Seahorse


Spatchcock


Starfish


Teddy


Torso Switch


Tulip


Upright Sailboat


Vortex


Yogini