Sarah j Level Map

Los Angeles ca

Pole Level Mapper

NEWBIE
9 moves


Attitude Spin


Back Hook


Body Rolls


Chair Spin


Dip Turn


Fireman Spin


Front Hook


Pirouette


Pole Walk

LOW BEGINNER
15 moves


Carousel Spin


Cradle Spin


Fan Kick

Forearm Stand


Genie


Goddess


Hollywood Spin


Jasmine


Juliet Spin


Knee Spin


Lady Seat


Rockstar Spin


Secretary Seat


Skater Spin


Upright Crucifix

HIGH BEGINNER
24 moves


Baby Snake


Boomerang Spin


Butterfly


Climb


Cross Knee Layback


Dragonfly


Extended Butterfly


Figurehead


Hip Hold


Inside Leg Hang


Inverted Crucifix


Inverted D


Jackknife


Martini


Outside Leg Hang


Poisson

Reverse Grab

Scissor Seat

Side Climb

LOW INTERMEDIATE
20 moves

Aerial Straddle Invert

Air Walk

Bee's Knees

Brass Bridge

Brass Monkey

Cross Ankle Layback

Dove

Embrace

Eros

Flatline

Gemini Climb

Jamilla

Leg Switch

Mercury

Reiko Split

Remi Seat

Side Saddle

Sneaky V

Superman

HIGH INTERMEDIATE
12 moves

Allegra

Ayesha

Ballerina

Caterpillar Climb

Cheeba Split

Chest Press Butterfly

Foot Mount

Hang Glider

Jade

Machine Gun

Marion Amber

Shoulder Mount

ADVANCED
43 moves

A-Frame

Advanced Plank

Aerial Shoulder Mount

Archer

Batwing

Bird of Paradise

Broken Doll

Chopsticks

Cocoon

Cupid

Dangerous Bird

Daredevil

Deathlay

Dragontail

Duchess

Eagle

Flag

Flying K

Fonji

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
9 moves	15 moves	24 moves	20 moves	12 moves	43 moves
		 Snowflake	 Torso Switch		 Gargoyle
		 Stargazer			 Helix
		 Straddle Invert			 Icarus
		 Violator			 Iguana
		 Wrist Seat			 Iron X
					 Jallegra
					 Janeiro
					 Knee Bocker
					 Libellula
					 Marley
					 Meathook
					 Phoenix
					 Rainbow Marchenko
					 Rocketman
					 Russian Layback
					 Russian Split
					 Seahorse
					 Spatchcock
					 Starfish

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
9 moves	15 moves	24 moves	20 moves	12 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini