Clara Level Map

Seattle, WA

Pole Level Mapper

NEWBIE
9 moves

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

LOW BEGINNER
17 moves

- Attitude Spin
- Baby Snake
- Back Hook
- Carousel Spin
- Chair Spin
- Cradle Spin
- Cross Knee Layback
- Front Hook
- Hollywood Spin
- Juliet Spin
- Knee Spin
- Rockstar Spin
- Scissor Seat
- Secretary Seat
- Skater Spin
- Stargazer
- Wrist Seat

HIGH BEGINNER
12 moves

- Boomerang Spin
- Climb
- Genie
- Goddess
- Inverted Crucifix
- Jasmine
- Martini
- Reverse Grab
- Side Climb
- Snowflake
- Straddle Invert
- Violator

LOW INTERMEDIATE
26 moves

- A-Frame
- Aerial Straddle Invert
- Air Walk
- Bee's Knees
- Butterfly
- Cross Ankle Layback
- Cupid
- Dove
- Dragonfly
- Embrace
- Extended Butterfly
- Figurehead
- Flatline
- Hip Hold
- Inside Leg Hang
- Inverted D
- Jackknife
- Jamilla
- Mercury

HIGH INTERMEDIATE
15 moves

- Allegra
- Ballerina
- Brass Bridge
- Brass Monkey
- Caterpillar Climb
- Chest Press Butterfly
- Eros
- Foot Mount
- Gemini Climb
- Hang Glider
- Jade
- Leg Switch
- Shoulder Mount
- Sneaky V
- Torso Switch

ADVANCED
44 moves

- Advanced Plank
- Aerial Shoulder Mount
- Archer
- Ayesha
- Batwing
- Bird of Paradise
- Broken Doll
- Cheeba Split
- Chopsticks
- Cocoon
- Dangerous Bird
- Daredevil
- Deathlay
- Dragontail
- Duchess
- Eagle
- Flag
- Flying K
- Fonji

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
9 moves	17 moves	12 moves	26 moves	15 moves	44 moves
			 Outside Leg Hang		 Gargoyle
			 Poisson		 Helix
			 Reiko Split		 Icarus
			 Remi Seat		 Iguana
			 Side Saddle		 Iron X
			 Superman		 Jallegra
			 Vortex		 Janeiro
					 Knee Bocker
					 Libellula
					 Machine Gun
					 Marion Amber
					 Marley
					 Meathook
					 Phoenix
					 Rainbow Marchenko
					 Rocketman
					 Russian Layback
					 Russian Split
					 Seahorse

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
9 moves	17 moves	12 moves	26 moves	15 moves	44 moves



Spatchcock



Starfish



Teddy



Tulip



Upright Sailboat



Yogini