Sara Wilburn Level Map

Des Moines, IA

Pole Level Mapper

NEWBIE
6 moves

- Body Rolls
- Dip Turn
- Fan Kick
- Lady Seat
- Pirouette
- Pole Walk

LOW BEGINNER
14 moves

- Attitude Spin
- Back Hook
- Carousel Spin
- Chair Spin
- Cradle Spin
- Fireman Spin
- Front Hook
- Hollywood Spin
- Juliet Spin
- Knee Spin
- Rockstar Spin
- Secretary Seat
- Skater Spin
- Upright Crucifix

HIGH BEGINNER
14 moves

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

LOW INTERMEDIATE
21 moves

- Aerial Straddle Invert
- Air Walk
- Baby Snake
- Butterfly
- Cross Ankle Layback
- Cross Knee Layback
- Embrace
- Extended Butterfly
- Figurehead
- Flatline
- Hip Hold
- Inside Leg Hang
- Inverted D
- Jackknife
- Mercury
- Outside Leg Hang
- Poisson
- Reiko Split
- Remi Seat

HIGH INTERMEDIATE
21 moves

- Allegra
- Ballerina
- Bee's Knees
- Brass Bridge
- Brass Monkey
- Caterpillar Climb
- Chest Press Butterfly
- Dove
- Dragonfly
- Eros
- Foot Mount
- Gemini Climb
- Hang Glider
- Jade
- Jamilla
- Leg Switch
- Shoulder Mount
- Side Saddle
- Sneaky V

ADVANCED
47 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
6 moves	14 moves	14 moves	21 moves	21 moves	47 moves
			Stargazer	Superman	Flying K
			Wrist Seat	Torso Switch	Fonji
					Gargoyle
					Helix
					Icarus
					Iguana
					Iron X
					Jallegra
					Janeiro
					Knee Bocker
					Libellula
					Machine Gun
					Marion Amber
					Marley
					Meathook
					Phoenix
					Rainbow Marchenko
					Rocketman
					Russian Layback

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
6 moves	14 moves	14 moves	21 moves	21 moves	47 moves


Russian Split


Seahorse


Spatchcock


Starfish


Teddy


Tulip


Upright Sailboat


Vortex


Yogini