Sara Level Map

Osakis, MN

Pole Level Mapper

NEWBIE
4 moves

- Body Rolls
- Dip Turn
- 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
14 moves

- Attitude Spin
- Back Hook
- Boomerang Spin
- Chair Spin
- Climb
- Fireman Spin
- Front Hook
- Inverted Crucifix
- Martini
- Reverse Grab
- Side Climb
- Snowflake
- Straddle Invert
- Violator

LOW INTERMEDIATE
13 moves

- Aerial Straddle Invert
- Air Walk
- Cross Ankle Layback
- Dragonfly
- Embrace
- Figurehead
- Flatline
- Hip Hold
- Inside Leg Hang
- Mercury
- Outside Leg Hang
- Reiko Split
- Remi Seat

HIGH INTERMEDIATE
16 moves

- Allegra
- Baby Snake
- Ballerina
- Caterpillar Climb
- Chest Press Butterfly
- Cross Knee Layback
- Foot Mount
- Gemini Climb
- Hang Glider
- Jade
- Leg Switch
- Scissor Seat
- Shoulder Mount
- Stargazer
- Torso Switch
- Wrist Seat

ADVANCED
61 moves

- A-Frame
- Advanced Plank
- Aerial Shoulder Mount
- Archer
- Ayesha
- Batwing
- Bee's Knees
- Bird of Paradise
- Brass Bridge
- Brass Monkey
- Broken Doll
- Butterfly
- Cheeba Split
- Chopsticks
- Cocoon
- Cupid
- Dangerous Bird
- Daredevil
- Deathlay

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	15 moves	14 moves	13 moves	16 moves	61 moves


Dove


Dragontail


Duchess


Eagle


Eros


Extended Butterfly


Flag


Flying K


Fonji


Gargoyle


Helix


Icarus


Iguana


Inverted D


Iron X


Jackknife


Jallegra


Jamilla


Janeiro

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	15 moves	14 moves	13 moves	16 moves	61 moves


Knee Bocker


Libellula


Machine Gun


Marion Amber


Marley


Meathook


Phoenix


Poisson


Rainbow Marchenko


Rocketman


Russian Layback


Russian Split


Seahorse


Side Saddle


Sneaky V


Spatchcock


Starfish


Superman


Teddy

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
4 moves	15 moves	14 moves	13 moves	16 moves	61 moves



Tulip



Upright Sailboat



Vortex



Yogini