



Tumbling Guidelines



Level 1 : Required Skills

Standing

Front Roll

Back Roll

Standing Backbend and coming up

Handstand Forward Roll

Back Extension Roll

Valdez

Running Tumbling

Back Walkover Series (3 in a row)

Switch Leg Back Walkover

Cartwheel - Back Walkover

Cartwheel - Back Walkover Series

Front Walkover - Cartwheel - Back Walkover

*(Series is 3 skills in a row connected)

Level 2 : Required Skills

Standing

Standing Back Handspring

Standing Back Handspring Step Out

Running Tumbling

Back Walkover Back Handspring

Cartwheel- Back Handspring

Round Off Back Handspring

Round Off Back Handspring Series

Front Walkover Round Off Back Handspring

Front Walkover Round Off Back Handspring Series

*(Series is 3 skills in a row connected)

Level 3 : Required Skills

Standing

Back Handspring Series

Running Tumbling

Jump Back Handspring Series

Back Handspring Step Out Back Handspring Series

Back Handspring Jump Back Handspring Series

Aerial, Punch Front Stick, Round Off Tuck, Round Off Back Handspring Tuck

Front Walkover Round Off Back Handspring Tuck

Aerial Round Off Back Handspring Tuck

Punch Front Stick Round Off Back Handspring Tuck

*(Series is 3 skills in a row connected)