

# TUMBLING LEVELS & CLASSES

## "FUN" DAMENTALS Class — (Tiny Tumblers – Ages 3-5)

### SKILLS PERFECTING — (But not limited to):

- Coordination
- Spatial Awareness
- Large Motor Skills
- Listening
- Following Directions
- Colors
- Shapes
- Memory
- All the skills listed above, but not limited too

## INTRODUCTION TO TUMBLING CLASS — (Pups – Ages 5-8) — (Athletes – Ages 9 & older)

### SKILLS INTRODUCED — (But not limited to):

- |                                       |                            |
|---------------------------------------|----------------------------|
| • Body-control                        | • Bridge-up – Walk         |
| • Lunge                               | • Handstand – Bridge       |
| • T-position / Lever                  | • Back-bend – Stand-up     |
| • Explosive-jump / Power-hurdle       | • Handstand – Forward-roll |
| • Cartwheel                           | • Bridge-up – Kick-over    |
| • Handstand                           | • Back-bend – Kick-over    |
| • (2 second) Handstand – Lunge        | • Handstand-walk           |
| • Forward-roll                        | • Back Extension-roll      |
| • Forward-roll – Stand-up w/ no hands | • Back Handspring Shaping  |
| • Backward-roll                       | • Back-walkover            |
| • Backward-roll – Stand-up            | • Front-walkover           |
| • Bridge-up                           | • Round-off – Rebound      |

### SKILLS NEEDED — (for LEVEL 1 Class):

- |                                       |                         |
|---------------------------------------|-------------------------|
| • Cartwheel                           | • Bridge-up – Walk      |
| • Handstand                           | • Back-bend – Kick-over |
| • Forward-roll – Stand-up w/ no hands | • Back Extension-roll   |
| • Backward-roll – Stand-up            | • Round-off – Rebound   |

**LEVEL 1 Class** — (Pups – Ages 5–8) • (Athletes – Ages 9 & older)

**SKILLS PERFECTING** — (But not limited to):

**STANDING TUMBLING**

- Forward-roll
- Backward-roll
- Handstand Forward-roll
- Back-bend Kick-over
- Back-walkover
- Back-walkover Series
- Front-walkover Pause Back-walkover Series
- Back-extension-roll
- Jumps Forward-roll
- Jumps Backward-roll
- Back-walkover Series with Switch
- Valdez Back-walkover
- Back-extension-roll Back-walkover

**RUNNING TUMBLING**

- Cartwheel
- Cartwheel Back-bend Kick-over
- 2 Step Round-off-rebound
- Front-walkover
- Cartwheel Back-walkover
- Front-walkover Cartwheel
- Cartwheel Chasse' Round-off
- Front-walkover Cartwheel Back-extension-roll
- Front-walkover Cartwheel Back-walkover
- Front-walkover Cartwheel Back-walkover Back-extension-roll
- Front-walkover Round-off-rebound
- Front-walkover Round-off-rebound Back-extension-roll

**SKILLS NEEDED** — (for LEVEL 2 Class):

- Back-handspring

- 2 Step Round-off Back-handspring

**LEVEL 2 Class** — (Pups – Ages 5–8) • (Athletes – Ages 9 & older)

**SKILLS PERFECTING** — (But not limited to):

**STANDING TUMBLING**

- Back-handspring
- Back-handspring Pause Back-handspring
- Jumps Pause Back-handspring
- Back-walkover Back-handspring
- Front-walkover Pause Back-handspring
- Back-extension-roll Back-handspring
- Valdez Back-walkover Back-handspring
- Back-extension-roll Back-walkover Back-handspring
- FWO Pause Back-extension-roll BWO Back-handspring

**RUNNING TUMBLING**

- Front-handspring
- 2 Step Round-off Back-handspring
- 2 Step Round-off 2 Back-handsprings
- 2 Step Round-off 3 Back-handsprings
- Front-walkover Round-off 2 Back-handsprings
- FWO RO-rebound Back-extension-roll Back-handspring
- Front-walkover Cartwheel Back-handspring
- FWO Cartwheel Back-extension-roll Back-handspring
- RO Back-handspring-1/2 turn Round-off 2 Back-handspring

**SKILLS NEEDED** — (for LEVEL 3 Class):

- 2 Back-handsprings
- 3 Back-handsprings

- 2 Step Round-off Back-tuck
- 2 Step Round-off Back-handspring Back-tuck

**LEVEL 3 Class** — (Pups — Ages 6–8) • (Athletes — Ages 9 & older)

**SKILLS PERFECTING** — (But not limited to):

**STANDING TUMBLING**

- 2 Back-handsprings
- 3 Back-handsprings
- 2 Back-handspring Toe-touch Back-handspring
- Jump Back-handspring Jump Back-handspring
- Jump BHS-step-out Round-off Back-handspring Back-tuck
- 2 Back-handspring Toe-touch 2 Back-handspring
- Jump BHS-1/2 turn Round-off Back-handspring Back-tuck

**RUNNING TUMBLING**

- 2 Step Round-off Back-tuck
- 2 Step Round-off Back-handspring Back-tuck
- Front-walkover Round-off Back-tuck
- Front-walkover Round-off Back-handspring Back-tuck
- Round-off 3 Back-handsprings Back-tuck
- Punch-front
- Punch-front Pause Round-off Back-tuck
- Punch-front Pause Round-off Back-handspring Back-tuck
- FWO Round-off BHS-step-out Round-off BHS Back-tuck

**SKILLS NEEDED** — (for LEVEL 4 Class):

- Back-tuck
- 3 Back-handsprings Back-tuck

- 2 Step Round-off Layout
- 2 Step Round-off Back-handspring Layout

**LEVEL 4 Class** — (Athletes — Ages 9 & older)

**SKILLS PERFECTING** — (But not limited to):

**STANDING TUMBLING**

- Back-tuck
- 3 Back-handsprings Back-tuck
- 2 Back-handsprings Back-tuck
- Jump Pause Back-tuck
- Back-handspring Back-tuck
- Jump 2 Back-handsprings Back-tuck
- 3 Jumps Back-handspring Back-tuck
- 3 Jumps Pause Back-tuck
- Back-handspring Toe-touch Back-handspring Back-tuck
- Jump Back-handspring Jump 2 Back-handsprings Back-tuck

**RUNNING TUMBLING**

- 2 Step Round-off Layout
- 2 Step Round-off Back-handspring Layout
- Front-walkover Round-off Back-handspring Layout
- Round-off BHS Back-tuck 2 Back-handsprings Back-tuck
- Round-off Whip 2 Back-handsprings Back-tuck
- Punch-front Round-off Back-handspring Layout
- Round-off Whip 2 Back-handsprings Layout
- Round-off Whip Punch-layout
- Front-handspring Punch-front-step-out Round-off BHS Layout

**SKILLS NEEDED** — (for LEVEL 5 Class):

- Jump Back-tuck
- 3 Jumps Back-tuck

- 2 Step Round-off Full
- 2 Step Round-off Back-handspring Full

**LEVEL 5 Class** — (Athletes — Ages 9 & older)

**SKILLS PERFECTING** — (But not limited to):

**STANDING TUMBLING**

- Jump Back-tuck
- 3 Jumps Back-tuck
- 2 Back-handsprings Layout
- 2 Back-handsprings Back-tuck 2 Back-handsprings Back-tuck
- Jump 2 Back-handsprings Layout
- 2 Back-handsprings Whip Back-handspring Layout
- 2 Back-handsprings Whip Punch-layout
- 3 Jumps Back-handspring Layout

**RUNNING TUMBLING**

- 2 Step Round-off Full
- 2 Step Round-off Back-handspring Full
- Front-walkover Round-off Back-handspring Full
- Round-off Whip 2 Back-handsprings Full
- Punch-front-step-out Round-off Back-handspring Full
- Round-off Arabian Pause Round-off Back-handspring Full
- Front-handspring Punch-front-step-out Round-off BHS Full

**SKILLS NEEDED** — (for LEVEL 6 Class):

- Standing 3 Back-handsprings Full

- Cartwheel Full

**LEVEL 6 Class** — (Athletes — Ages 9 & older)

**SKILLS PERFECTING** — (But not limited to):

**STANDING TUMBLING**

- 3 Back-handsprings Full
- 2 Back-handsprings Full
- Jump 2 Back-handsprings Full
- Back-handspring Full
- Standing Full
- 2 Back-handsprings Whip Punch-full
- Jump Full
- 2 Back-handsprings Full 2 Back-handsprings Full
- 3 Back-handsprings Double-full
- 2 Back-handsprings Whip Punch-double-full
- 2 Back-handsprings Full Whip Punch-double-full

**RUNNING TUMBLING**

- 2 Step Round-off Back-handspring Full
- Cartwheel Full
- Punch-front-step-out Round-off Back-handspring Full
- Front-handspring Punch-front-step-out Round-off BHS Full
- Round-off Whip Punch-full
- Round-off Arabian-step-out Round-off Back-handspring Full
- Round-off Back-handspring Full 2 Back-handspring Full
- Round-off Back-handspring Double-full
- Punch-front-step-out Round-off Back-handspring Double-full
- Round-off Arabian-step-out Round-off BHS Double-full
- Round-off Whip 2 Back-handsprings Double-full