



INTRO 1

Beginner Introduction to Tumbling

A GRADUATION ROADMAP FOR BEGINNER ATHLETES



ABOUT INTRO 1

Intro 1 is designed for athletes with little to no tumbling experience.

Throughout this level, athletes develop the foundational shapes, strength, coordination, flexibility, and basic tumbling skills required for future advancement.

The skills below represent the standards required for graduation into Intro 2.



SKILL REQUIREMENTS

BODY SHAPES & STRENGTH

- ☐ Attention Position Hold
- ☐ Tuck Shape Hold
- ☐ Hollow Shape Hold
- ☐ Arch Shape Hold
- ☐ Front Support Hold
- ☐ Push-Up Position Hold
- ☐ 3 pt Lunge Hold (Right & Left)
- ☐ Passé Shape Hold (Right & Left)

TUMBLING FOUNDATIONS

- ☐ Forward Roll
- ☐ Backward Roll
- ☐ Handstand Hold Against Wall
- ☐ Handstand Flat Back
- ☐ Cartwheel (Right & Left)
- ☐ Bridge Hold
- ☐ Bridge Kickover Progressions
- ☐ Front Limber
- ☐ Back Limber

FLEXIBILITY

- ☐ Basic Flexibility Requirements



GRADUATION STANDARDS

Athletes must demonstrate each required skill with proper technique, body control, and consistency.

- ☒ All skills must be successfully demonstrated for a minimum of **two consecutive weeks**
- ☒ Graduation must be approved by **two CheerPro coaches**
- ☒ Coaches may require additional evaluation time if consistency or technique standards have not been met



CELEBRATE YOUR ACHIEVEMENT!

Congratulations!

You have completed the Intro 1 curriculum and are ready to begin your Intro 2 journey.



NEXT STEPS

Once your athlete has met all graduation requirements, please email:

admin@cheerprotraining.com

Our administrative team will provide available Intro 2 class options.

Athletes are not officially promoted until CheerPro confirms enrollment in the new class and removal from their current class.



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INTRO 2

Intermediate Introduction to Tumbling

A GRADUATION ROADMAP FOR BEGINNER ATHLETES



ABOUT INTRO 2

Intro 2 builds on the foundations learned in Intro 1 and introduces more advanced shapes, strength, and coordination.

Athletes will continue developing essential tumbling skills with increased control and body awareness.

The skills below represent the standards required for graduation into Level 1.



SKILL REQUIREMENTS

BODY SHAPES & STRENGTH

- ☐ Handstand Hold
- ☐ Handstand Flat Back Hold
- ☐ Bridge Hold
- ☐ Bridge Kickover
- ☐ Chin-Up Hold
- ☐ Push-Up Hold
- ☐ Candlestick Pull-Over
- ☐ Lunge Shape Hold (Right & Left)
- ☐ Passé Shape Hold (Right & Left)

TUMBLING FOUNDATIONS

- ☐ Forward Roll to Stand
- ☐ Backward Roll to Stand
- ☐ Cartwheel
- ☐ Round-Off (Step-Out)
- ☐ Handstand Forward Roll
- ☐ Handstand Backward Roll
- ☐ Bridge Kickover Progressions
- ☐ Front Walkover
- ☐ Back Walkover
- ☐ Back Walkover Switch Leg
- ☐ Valdez (Kick-Over)
- ☐ Bridge Hold
- ☐ Candlestick Pull-Over

FLEXIBILITY

- ☐ Intermediate Flexibility Requirements



GRADUATION STANDARDS

Athletes must demonstrate each required skill with proper technique, body control, and consistency.

- ✓ All skills must be successfully demonstrated for a minimum of **two consecutive weeks**
- ✓ Graduation must be approved by **two CheerPro coaches**
- ✓ Coaches may require additional evaluation time if consistency or technique standards have not been met



CELEBRATE YOUR ACHIEVEMENT!

Congratulations!

You have completed the Intro 2 curriculum and are ready to begin your Intro 3 journey.



NEXT STEPS

Once your athlete has met all graduation requirements, please email:

admin@cheerprotraining.com

Our administrative team will provide available Level 1 class options.

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LEVEL 1

Mechanics of Back Handsprings

A GRADUATION ROADMAP FOR BEGINNER ATHLETES



ABOUT LEVEL 1

In Level 1, we focus on athletes who are new to tumbling, specifically those who have never performed back handspring or roundoff back handsprings.

This level serves as the foundational stage, building the essential strength, flexibility, and confidence needed before advancing.



GRADUATION STANDARDS

Athletes must demonstrate each required skill with proper technique, body control, and consistency.

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SKILL REQUIREMENTS

CORE SKILLS AND STRENGTH

1



BRIDGE KICKOVERS

Develop back flexibility and confidence in arching your body.

2



HANDSTAND HOLDS

Build shoulder and core strength while learning balance upside down / handstand snapdowns.

3



WALL WALKS

Practice kicking up into a handstand against a wall to build confidence in the inverted position.

4



FLYBACKS

Strengthen explosive leg power and learn to drive the body up and toward the direction of the back handspring.

5



STANDING BACK KICKOUTS

Practice kicking up from a standing position so you get used to generating momentum from your legs before your hands touch the floor.



CELEBRATE YOUR ACHIEVEMENT!

Congratulations!

You have completed the Level 1 curriculum and are ready to begin your Level 2 journey.



CHECKLIST OF SKILLS

- ☐ Standing Handspring
- ☐ Round Off Back Handspring
- ☐ Back Walkover Back Handspring
- ☐ Toe Touch Back Handspring



NEXT STEPS

Once your athlete has met all graduation requirements, please email:

admin@cheerprotraining.com

Our team will provide available Level 2 class options.

Athletes are not officially promoted until CheerPro confirms enrollment in the new class and removal from their current class.



LEVEL 2

Series of Handsprings

A GRADUATION ROADMAP FOR BEGINNER ATHLETES



ABOUT LEVEL 2

In Level 2, we focus on mastering connections between skills, guiding athletes through multiple back handsprings in a row.

Here, we work on standing two, three, and beyond, as well as round-off back handspring series, back walkover back handsprings, and jumps to back handspring connections.

This level is all about refining timing, power, and fluidity, enabling athletes to confidently link skills into continuous tumbling series.



SKILL REQUIREMENTS

CORE SKILLS AND STRENGTH

1



A strong controlled takeoff that generates the necessary power.

2



Maintaining open shoulders and a stable arch for proper body alignment.

3



Achieving a precise handstand placement with a vertical handstand shape.

4



A powerful push off the floor to sustain momentum.

5



Maintaining a tight body line and consistent timing so each handspring seamlessly links into the next.



CELEBRATE YOUR ACHIEVEMENT!

Congratulations!

You have completed the Level 2 curriculum and are ready to begin your Level 3 journey.



CHECKLIST OF SKILLS

- ☐ Standing Back Handspring Series
- ☐ Roundoff Back Handspring Series
- ☐ Toe Touch Back Handspring Series



GRADUATION STANDARDS

Athletes must demonstrate each required skill with proper technique, body control, and consistency.

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NEXT STEPS

Once your athlete has met all graduation requirements, please email:

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LEVEL 3

Technique of Tucks

A GRADUATION ROADMAP FOR BEGINNER ATHLETES



ABOUT LEVEL 3

Level 3 marks the beginning of advanced controlled tumbling. At this stage, we shift focus to the airborne tuck skill.

Athletes will first establish a solid understanding of tuck shapes and air awareness, learning precise body positioning and timing.

They will then apply these skills to tucks performed after a series of standing back handsprings and round-off back handsprings.

No round-off tucks are introduced at this level.

By mastering the standing tuck and series integration, athletes build a critical foundation for future, more complex skills.



SKILL REQUIREMENTS

1



CORE STRENGTH AND CONTROL

Building a strong midsection to stabilize the tuck.

2



TIMING OF THE JUMP

Ensures the takeoff and tuck initiation are perfectly synchronized.

3



THE SHAPE – THE TUCK SHAPE

Practicing pulling the knees and hips in tightly while keeping the head tucked forward.

4



EXPLOSIVE TAKEOFF

Focusing on powerful push from the legs to drive upwards.

5



CONTROLLED LANDING

Training the athlete to spot their landing and maintain balance after the tuck.



CORE STRENGTH & CONTROL

Building a strong midsection to stabilize the tuck.



TUMBLING FOUNDATIONS

Before attempting the tuck, athletes must master their body shaping in the air, ensuring they have full control over their torso, arms, and legs. Proper body awareness is crucial, so they should be able to feel and adjust their shape mid-air before committing to the tuck.



FLEXIBILITY

Focusing on hip flexor flexibility, deep spinal extensions, and hamstring flexibility. This will give athletes the range of motion to pull their knees in tightly while staying aligned.



CELEBRATE YOUR ACHIEVEMENT!

Congratulations!

You have completed the Level 3 curriculum and are ready to begin your Level 4 journey.



CHECKLIST OF SKILLS

- ☐ Standing Tucks
- ☐ Running Tucks
- ☐ Toe Tucks
- ☐ Combination Passes Ending in Tucks
- ☐ Standing Back Handspring Series to Tuck



GRADUATION STANDARDS

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NEXT STEPS

Once your athlete has met all graduation requirements, please email:

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LEVEL 4

Reid's Foundations of Tumbling

A GRADUATION ROADMAP FOR BEGINNER ATHLETES



ABOUT LEVEL 4

In level four, we're continuing to build strong, connected athletes through advanced layout shapes, precision, and series development.

Athletes will refine their takeoff, body line, and control to achieve powerful layouts and connected series that flow with consistency and confidence.

This level prepares athletes for advanced tumbling combinations that build on these foundational skills.



SKILL REQUIREMENTS

1



LAYOUT TAKEOFF

Athletes must master a strong, controlled launch, ensuring their jump generates the power needed for a layout.

2



PRECISE BODY ALIGNMENT IN FLIGHT

Maintaining a tight, straight body line with emphasis on core, shoulders, and legs.

3



TIMING AND SPATIAL AWARENESS

Developing a refined sense of when to initiate the tuck or whip, ensuring accurate aerial control.

4



EXPLOSIVE PUSH-OFF

Focusing on a dynamic leg drive to propel the body upwards with stability.

5



WHIP TECHNIQUE MASTERY

Executing the rapid, powerful rebound characteristics of a whip, ensuring a swift, precise rotation while staying in control.



CORE STRENGTH & CONTROL

Athletes must develop a strong, engaged core to stabilize the body throughout the layout whip, ensuring consistency, consistent control in the air during landing.



ADVANCED SHAPES FOR LAYOUTS

Focus on mastering extended body positions, tight layouts, and clean line placement from takeoff through landing to create powerful, consistent tumbling.



FLEXIBILITY

Athletes should emphasize hip flexor mobility, spinal extensions, and hamstring flexibility, ensuring a full range of motion to keep their body open and controlled during layouts and whips.



CELEBRATE YOUR ACHIEVEMENT!



Congratulations!

You have completed the Level 4 curriculum and are ready to begin your Level 5 journey.



SKILL CHECKLIST

- ☐ ROUND OFF BACK HANDSPRING LAYOUT
- ☐ ROUND OFF BACK HANDSPRING SERIES TO LAYOUT
- ☐ STANDING BACK HANDSPRING SERIES TO LAYOUT
- ☐ WHIPS



GRADUATION STANDARDS

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NEXT STEPS

Once your athlete has met all graduation requirements, please email:

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LEVEL 5

Elite Tumbling Twisting Skills

A GRADUATION ROADMAP FOR BEGINNER ATHLETES



ABOUT LEVEL 5

Level five marks the introduction to twisting skills. At this stage, athletes begin to integrate controlled twists into their tumbling passes, starting with Arabians, progressions to full twists, one and a half twists, and eventually double twisting folds.

It is critical that athletes have fully mastered the techniques from the first four levels, as precise body control, timing, and alignment form the foundation for safe and effective twisting.

Athletes will focus on refining their aerial awareness, body positioning, and rotational timing to ensure precision-controlled execution.

This level is dedicated to mastering the fundamental elements of twisting, preparing athletes for advanced combinations and intricate choreography in future levels.



SKILL REQUIREMENTS

1



TAKEOFF PRECISION

Athletes must generate a controlled, powerful takeoff, ensuring they initiate the twist at the peak of their jump.

2



BODY ALIGNMENT

Athletes must maintain a straight, tight body shape before, during, and after the twist, ensuring they stay on axis.

3



SPATIAL AND ROTATIONAL AWARENESS

Athletes must develop a strong sense of where they are in the air, spotting the ground to time their twist and landing accurately.

4



CORE AND SHOULDER STRENGTH

Developing a strong core and shoulder stability so athletes can control their twist and keep the rotation tight.

5



ENTRY AND LANDING CONSISTENCY

Athletes must practice controlled entry into the twist and a stable, balanced landing, ensuring safety and repeatability.



STRENGTH AND CONTROL

Athletes must develop a stable, powerful core, ensuring they can control their rotation and maintain alignment throughout every twist.



TUMBLING FOUNDATIONS

- Athletes must have mastered layouts, whips, and body positioning timing from prior levels, as these form the essential base for introducing twists.
- Rotational Awareness. Athletes must train to feel and spot their orientation mid-air, allowing them to precisely control their twist and locate the ground.



FLEXIBILITY

Athletes should enhance spinal extension, hip mobility, and torso flexibility, enabling a full twist rotation while staying tight and controlled in the air.



CELEBRATE YOUR ACHIEVEMENT!

Congratulations!

You have completed the Level 5 curriculum and are ready to begin your Level 6 journey.



SKILL CHECKLIST



ROUND OFF BACK HANDSPRING FULL



ARABIANS



COMBINATION PASSES
ENDING IN A FULL



GRADUATION STANDARDS

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NEXT STEPS

Once your athlete has met all graduation requirements, please email:

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Our team will provide available Level 6 class options.

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