



CheerPro Training Skills Level Guideline 2025/2026:

Name of Student: _____

Class Day/Time/Instructor: _____

Intro 1: *** No prior experience required.

Check List of Skills Required to Graduate Intro 1:

- Cartwheel - straight legs, lunge to lunge with arms up, in proper form
- Handstands - head in, only toes touching the wall, good form – hold for 15 seconds with a wall assist
- Backbends - head must be off the floor, arms mostly straight with shoulders by ears – hold for 15 seconds.
- Headstand - no wall, legs together and straight - hold for 5 seconds
- Reverse Handstand – use the wall and maintain body alignment with arms straight, core in a C-shape, head in and shoulders shrugged – hold for 15 seconds
- Forward Roll - legs together and able to stand up at the end
- Backward Roll - legs together and able to stand up at the end
- Right Leg Lunge Shape Hold – 30 second hold in proper form
- Left Leg Lunge Shape Hold – 30 second hold in proper form
- Right Leg ‘Passe’ Shape Hold – 15 second hold in proper form
- Left Leg ‘Passe’ Shape Hold – 15 second hold in proper form
- ‘Back Support’ Shape Hold - 30 second hold in proper form
- ‘Front Support’ Shape Hold - 30 second hold in proper form ***mimics a push up.
- “L-Sit’ Shape Hold – 30 second hold in proper form, when the instructor pushes on the arms, they must be able to stay sitting up (back straight) by using core muscles and keep arms locked out above their heads.
- ‘Superman’ Shape Hold – 30 seconds in proper form.
- ‘Hollow body’ Shape Hold – 30 seconds in proper form.
- Plank Hold – 30 seconds in proper form.
- 5 - 10 consecutive Pushups in good form
- Right Split - (50% way down – straight front leg, proper form, hold for 20 seconds
- Left Split - (50% way down – straight front leg, proper form, hold for 20 seconds
- Straddle Sit - (50% way down – reach right & left without bending the knees, hold for 20 seconds each side.
- Pike stretch – reach toes flexed and ankles with pointed toes, hold for 20 seconds each side.

If you’ve Checked Off Every Skill Above – then HOORAY!! It’s time to GRADUATE TO INTRO 2!! CONGRATS TO YOU on this MOMENTUS ACCOMPLISHMENT!!!

***In intro 1 we believe that fundamentals are the foundation of everything your athlete will learn in the future. With that, the above skills and shapes will be learned and developed over the course of your Intro 1 classes. The above requirements are truly the ABCs of tumbling. Meaning that every skill or trick your athlete will ever do is built on all the fundamental body shapes listed above. If athletes do not master their shapes, develop their flexibility and strength, then you can almost bet on potential injuries in the future or frustration while learning higher levels skills. CheerPro is working to develop videos of each of the above graduation requirements. Stay tuned but until then, watch them work, learn and grow during class.

*** Your instructor will let you (the parent/guardian or athlete) know when it is time for your athlete to graduate. The parent/guardian will need to EMAIL our Admin team at admin@cheerprotraining.com ASAP to let us know and we will send you a listing of Intro 2 classes to choose from. That or visit the front desk before you leave and we can assist you from there. Our staff will have to process the class swap on our end. HOORAY and CONGRATULATIONS ONCE AGAIN!! YOU’RE AWESOME!!!

Intro 2: *** All Intro 1 requirements must be mastered to enroll in Intro 2 classes.

**If you've Checked Off Every Skill
HERE – then HOORAY!! It's time
to GRADUATE TO LEVEL 1!!!**

Check List of Skills Required to Graduate Intro 2:

- Backbend Kickover (REQUIRED)– legs straight, landing in a lunge on the other side, on the flat ground
- Back Limber (REQUIRED)– falling to hands from standing up, absorbing fall within the shoulders
- Roundoff (REQUIRED) – A strong Passe/Hurdle, A big step into the lunge, a long reach with arms by ears, legs come together at the top, proper hip rotation over, C shape body alignment, and snapping down feet together, chest and arms up with a rebound at the end. Coaches' discretion.
- BRIDGE Holds (REQUIRED)– straight/tight/together legs, arms by ears & shoulders shrugged – 30 seconds.
- Handstand fall to Backbend (COMPETENCY)– hold backbend with straight arms and hold for 5 seconds minimum.
- Back walkover (Optional but COMPETENCY) – a light spot is required to pass this and in good form. The athlete MUST show competency in this skill first before allowing it to be checked off. This is at the coaches' discretion.
- Front walkover (Optional but COMPETENCY) – a light spot is required to pass this and in good form. The athlete MUST show competency in this skill first before allowing it to be checked off. This is at the coaches' discretion.
- Introduction to Backhandsprings – shows beginner competency on the sit, jump, and landing and overall form in Backhandsprings. At CheerPro at times we will allow athletes to begin learning Backhandsprings as they work to master the other Intro 2 requirements. These will be learned/incorporated via the coach's discretion with class/lesson planning week to week.

All Subset Skills Below are REQUIRED:

- STRAIGHT Handstands – these types of handstands are harder because their body alignment must be straight - head in, core pulled in, shoulders shrugged. A wall may be used. Perfecting of the handstand is the backbone of all future and more advanced tumbling skills – hold for 30 seconds with a wall assist allowed. Holding in a reverse position is allowed.
- “Straight Handstands fall to crash mat” – the athlete must maintain body tightness hitting the handstand and falling onto a crash mat. Hold shape nice and tight for 5 seconds at the bottom.
- L Shape Handstand – use the wall and maintain body alignment with arms straight, core in a C-shape, shoulders shrugged, feet on the wall making body into an L shape, shoulders over hands with head looking back behind them – hold for 30 seconds using a wall or prop.
- ‘Candlestick’ shape hold – 5 seconds with competency shown. Arms on back may be used as a prop in intro 2.
- Back Bend Pushups – 10 in a row
- Back Bend Jumping Jacks – 10 in a row
- Back Bend Walks – walk from one end of the mat to the other. You may take 1 short break if needed.
- Back Bend Bridge Single Leg Lifts – 5 on each leg without falling. Leg straight, toe pointed. 6 to 12 o'clock.
- Right Leg Lunge Shape Hold – 45 second hold in proper form
- Left Leg Lunge Shape Hold – 45 second hold in proper form
- Right Leg ‘Passe’ Shape Hold – 45 second hold in proper form
- Left Leg ‘Passe’ Shape Hold – 45 second hold in proper form
- Passe Fall to Lunge (dominant leg) – hold for 15 seconds in Lunge shape (in preparation for roundoffs)
- Lunge reach to push up – staying on the line (drill designed for roundoff shaping), keeping good body alignment
- ‘Back Support’ Shape Hold - 45 second hold in proper form
- ‘Front Support’ Shape Hold – 45 second hold in proper form ***mimics a push up.
- “L-Sit” Shape Hold – 45 second hold in proper form, when the instructor pushes on the arms, they must be able to stay sitting up (back straight) by using core muscles and keep arms locked out above their heads.
- ‘Superman’ Shape Hold – 45 seconds in proper form.
- ‘Hollow body’ Shape Hold – 45 seconds in proper form.
- Plank Hold – 45 seconds in proper form.
- 10 -15 Consecutive Pushups in good form
- Right Split - (70% way down – straight front leg, proper form, hold for 20 seconds
- Left Split - (70% way down – straight front leg, proper form, hold for 20 seconds
- Straddle Sit - (70% way down – reach right & left without bending the knees, hold for 20 seconds each side.
- Pike stretch – reach toes flexed and ankles with pointed toes, hold for 20 seconds each side.

*** In intro 2 we believe that fundamentals are the foundation of everything your athlete will learn in the future. With that, the above skills and shapes will be learned and developed over the course of your Intro 2 classes, AND you will see harder variations, longer hold durations and more. We will take the ABC's you learned in Intro 1 and ramp up the difficulty. These variations will aid in further muscle development and help athletes build proper form as they prepare their minds and bodies for Level 1. CheerPro is working to develop videos of each of the above graduation requirements. Stay tuned but until then, watch them work, learn and grow during class.

*** Your instructor will let you (the parent/guardian or athlete) know when it is time for your athlete to graduate. The parent/guardian will need to EMAIL our Admin team at admin@cheerprotraining.com ASAP to let us know and we will send you a listing of Level 1 classes to choose from. That or visit the front desk before you leave and we can assist you from there. Our staff will have to process the class swap on our end. HOORAY and CONGRATULATIONS ONCE AGAIN!! YOU'RE AWESOME!!!

Level 1: *** All Intro 2 requirements must be mastered to enroll in Level 1 classes.

**If you've Checked Off Every Skill
HERE – then HOORAY!! It's time
to GRADUATE TO LEVEL 2/3!!!**

Check List of Skills Required to Graduate Level 1:

- Standing Backhandspring (REQUIRED)– legs tight and together in good form. On flat mat to graduate. At Coaches discretion.
- Round off Backhandspring (REQUIRED)– good form in roundoff, Backhandspring long and clean, legs tight and together, arms straight, shrugging through the shoulders, clean landing with a rebound. At Coaches discretion.
- Toe Touch Backhandspring (Optional)
- STRAIGHT Handstands (REQUIRED)– these types of handstands are harder because their body alignment must be straight - head in, core pulled in, shoulders shrugged. A wall may be used. Perfecting of the handstand is the backbone of all future and more advanced tumbling skills – hold for 50 seconds with a wall assist allowed. Holding in a reverse position is allowed.
- ‘Candlestick’ shape hold (COMPETENCY) – 5 -10 seconds with competency shown. Arms may not be used in Level 1. Arms must be by head straight on the floor, driving hips, tight bottom, straight/tight legs. A harder variation in Level 1.
- Backwards roll to Pushup position (REQUIRED) – on floor.
- Panel Mat Handstand Bound Ups (REQUIRED) – legs must stay together and use core muscles to bounce legs back up to wall. Complete the circuit 5 times. You may take breaks. These are great tests of core strength.
- Burpee to Vertical Jump (REQUIRED) – 15 consecutive
- Back extension rolls - (to push up allowed) (COMPETENCY)
- Back Bend Pushups – 15 in a row
- Back Bend Jumping Jacks – 15 in a row
- Right Leg Lunge Shape Hold – 45 second hold in proper form (maintenance)
- Left Leg Lunge Shape Hold – 45 second hold in proper form (maintenance)
- Right Leg ‘Passe’ Shape Hold – 45 second hold in proper form (maintenance)
- Left Leg ‘Passe’ Shape Hold – 45 second hold in proper form (maintenance)
- Passe Fall to Lunge (dominant leg) – hold for 15 seconds in Lunge shape (maintenance)
- Lunge reach to push up – staying on the line (drill designed for roundoff shaping), keeping good body alignment (maintenance)
- ‘Back Support’ Shape Hold – 1 minute hold in proper form (maintenance)
- ‘Front Support’ Shape Hold – 1 minute hold in proper form ***mimics a push up. (maintenance)
- ‘L-Sit’ Shape Hold – 1 minute hold in proper form, when the instructor pushes on the arms, they must be able to stay sitting up (back straight) by using core muscles and keep arms locked out above their heads. (maintenance)
- ‘Superman’ Shape Hold – 1 minute hold in proper form. (maintenance)
- ‘Hollow body’ Shape Hold – 1 minute hold in proper form. (maintenance)
- Plank Hold – 1 minute hold in proper form. (maintenance)
- 15 - 20 Consecutive Pushups in good form (maintenance)
- Right Split - (80% way down – straight front leg, proper form, hold for 20 seconds (maintenance)
- Left Split - (80% way down – straight front leg, proper form, hold for 20 seconds (maintenance)
- Straddle Sit - (80% way down – reach right & left without bending the knees, hold for 20 seconds each side. (maintenance)
- Pike stretch – reach toes flexed and ankles with pointed toes, hold for 20 seconds each side. (maintenance)

***In Level 1 we believe that mastering fundamentals are the foundation of everything your athlete will learn in the future. With that, the above skills and shapes will be learned and developed over the course of your Level 1 classes. The focus in Level 1 is learning the standing and round off Backhandsprings. The other required skills are proven to aid in the achievement of these skills to graduate. The durations for the body shape holds are listed as ‘maintenance’ because athletes should be getting stronger and able to hold these fundamental shapes for longer as they progress through the levels. We will take the ABC’s you learned early on and watch them transform into higher level skills. These variations will aid in further muscle development and help athletes build proper form as they prepare their minds and bodies for higher level tumbling skills. CheerPro is working to develop videos of each of the above graduation requirements. Stay tuned but until then, watch them work, learn and grow during class.

*** Your instructor will let you (the parent/guardian or athlete) know when it is time for your athlete to graduate. The parent/guardian will need to EMAIL our Admin team at admin@cheerprotraining.com ASAP to let us know and we will send you a listing of Level 2/3 classes to choose from. That or visit the front desk before you leave and we can assist you from there. Our staff will have to process the class swap on our end. HOORAY and CONGRATULATIONS ONCE AGAIN!! YOU’RE AWESOME!!!

Level 2/3: *** All Level 1 requirements must be mastered to enroll in Level 2/3 classes.

Check List of Skills Required to Graduate Level 2/3:

- Standing Multiple Backhandsprings (REQUIRED)– legs tight and together in good form. On flat mat to graduate. At Coaches discretion.
- Round off Multiple Backhandsprings (REQUIRED)– good form in roundoff, Backhandsprings are long and clean, legs tight and together, arms straight, shrugging through the shoulders, clean landing with a rebound. At Coaches discretion.
- Round off Backhandspring back tuck
- Standing Tuck
- Multiple Backhandsprings into a tuck – standing and running (competency required)
- Toe Touch Back Tuck or Backhandspring (Competency)

Maintenance Skills REQUIRED in Level 2/3:

- STRAIGHT Handstands - hold for 1 minute with a wall assist allowed. Holding in a reverse position is allowed.
- Burpee to Vertical Jump 25 consecutive in a row to pass
- Lemon Squeezers – 30 in a row to pass.
- Flutter Kicks - 50
- ‘Candlestick’ shape to ‘Tuck’ shape circuit hold – hold 10 seconds each shape x 5 reps to complete the circuit
- ‘Superman’ Shape Hold – 1 minute AND 30 seconds hold in proper form.
- ‘Hollow body’ Shape Hold – 1 minute hold in proper form.
- Plank Hold – 1 minute and 30 seconds hold in proper form.
- Maintain and improve ALL splits as drawn out in previous levels.

If you’ve Checked Off Every Skill Above – then HOORAY!! It’s time to GRADUATE TO Level 3/4!! CONGRATS TO YOU on this MOMENTUS ACCOMPLISHMENT!!!

*** *In Level 2/3 the strength in your fundamentals should be evident by now, because you passed Level 1!! Congratulations. You will notice in Level 2/3 a lot of the prior requirements have fallen off as your body now has the strength and muscle memory to carry you to the next level. In Level 2/3 you will learn how to connect skills and add in tucks. This is going to require a tremendous amount of core strength, so the maintenance skills, the durations and intensities, are GOING WAY WAY up! You will notice the addition of some newer body ‘shapes’ to learn which will aid in your continued strength and technique development. Level 2/3 will challenge you in fun ways and strength development is going to be the MOST crucial aspect in your training to achieve your goals. Good Luck! We KNOW you can do it! *** CheerPro is working to develop videos of each of the above graduation requirements. Stay tuned but until then, watch them work, learn and grow during class.*

*** *Your instructor will let you (the parent/guardian or athlete) know when it is time for your athlete to graduate. The parent/guardian will need to EMAIL our Admin team at admin@cheerprotraining.com ASAP to let us know and we will send you a listing of Level 3/4 classes to choose from. That or visit the front desk before you leave and we can assist you from there. Our staff will have to process the class swap on our end. HOORAY and CONGRATULATIONS ONCE AGAIN!! YOU’RE AWESOME!!!*

Level 3/4: *** All Level 2/3 requirements must be mastered to enroll in Level 3/4 classes.

Check List of Skills Required to Graduate Level 3/4:

- Roundoff Backhandspring Layout
- Multiple Backhandsprings to a Tuck
- Standing Backhandsprings to a Layout
- Toe Touch Back Tuck

Maintenance Skills REQUIRED in Level 3/4:

- Burpee to Vertical Jump 25 consecutive in a row to pass x 2 (with a 30 second breather allowed in between)
- Lemon Squeezers – 30 in a row to pass. X 2 with a 30 second breather allowed in between)
- Plank Hold – 2-minute hold in proper form.
- Flutter Kicks - 75
- Maintain and improve ALL splits as drawn out in previous levels.

**If you've Checked Off Every Skill Above – then HOORAY!! It's time to GRADUATE TO Level 4/5+!!
CONGRATS TO YOU on this MOMENTUS ACCOMPLISHMENT!!!**

*** *In Level ¾ you will learn layouts and harder connecting skills. You will notice a large jump in the requirements for strength and conditioning. It is a great accomplishment to have made it to this level. You're Awesome!! Keep going and keep working hard! You will be spinning in no time*

*** *CheerPro is working to develop videos of each of the above graduation requirements. Stay tuned but until then, watch them work, learn and grow during class.*

*** *Your instructor will let you (the parent/guardian or athlete) know when it is time for your athlete to graduate. The parent/guardian will need to EMAIL our Admin team at admin@cheerprotraining.com ASAP to let us know and we will send you a listing of Level 4/5/6 classes to choose from. That or visit the front desk before you leave and we can assist you from there. Our staff will have to process the class swap on our end. HOORAY and CONGRATULATIONS ONCE AGAIN!! YOU'RE AWESOME!!!*

Level 4/5 and up: *** All Level 4/5 requirements must be mastered to learn level 6 skills.

Check List of Skills that will be learned in Level 4/5 and up:

- Roundoff Backhandspring Full (Level 5)
- Standing Full (Level 5)
- Toe Touch Back Tuck (level $\frac{3}{4}$) (Maintain)
- Standing Backhandspring(s) to a Layout (Level 4)
- Round off Backhandspring Layout (Level 4)
- (And/Or) Standing Multiple Backhandsprings to a Layout
- Whips and other Connecting Multiples Variations to Layout or Full (Level 5/6)
- Arabians (Level 6 Skill)
- Doubles (Level 6 Skill)
- Toe Touch to standing full (Level 6)

Maintenance Skills REQUIRED in Level 4/5+ :

- Burpee to Vertical Jump - 25 consecutive in a row to pass x 3 (with a 45 second breather allowed in between.
- Lemon Squeezers – 30 in a row to pass. X 3 with a 30 second breather allowed in between.
- Plank Hold – 2 minute hold in proper form.
- Flutter Kicks - 100
- Maintain and improve ALL splits as drawn out in previous levels.

*** CheerPro is working to develop videos of each of the above graduation requirements. Stay tuned but until then, watch them work, learn and grow during class.