



TUMBLING SKILLS BY LEVEL



LEVEL 1

- FORWARD/BACKWARD ROLL
- BACK EXTENSION ROLL
- HANDSTAND FORWARD ROLL
- CARTWHEEL**
- POWER HURDLE ROUND OFF**
- BACK-WALKOVER (BWO)/SERIES**
- BWO SWITCH FOOT**
- FRONT-WALKOVER (FWO)**
- CARTWHEEL BWO
- VALDEZ

LEVEL 2

- BACK HANDSPRING (BHS)
- VALDEZ BHS
- FRONT HANDSPRING / BOUNDER
- FWO ROUND OFF BHS
- BWO SWITCH FOOT BHS**
- BHS STEP OUT, BWO BHS**
- ROUND OFF BHS STEP OUT BWO BHS**
- ROUND OFF DOUBLE BHS**

LEVEL 3

- BWO DOUBLE BHS**
- BHS STEP OUT DOUBLE BHS**
- STANDING TRIPLE BHS**
- ROUND OFF TUCK
- ROUND OFF BHS TUCK**
- PUNCH FRONT OR AERIAL
- FWO AERIAL
- FWO/BOUNDER --> TUCK**
- RUNNING COMBINATIONS --> TO TUCK

LEVEL 4

- STANDING TUCK
- DOUBLE BHS TO TUCK**
- BHS TUCK
- BWO TUCK**
- DOUBLE JUMP TO BHS TUCK
- CARTWHEEL TUCK**
- ROUND OFF BHS LAYOUT**
- FWO --> LAYOUT**
- PUNCH FRONT STEPOUT --> TO LAYOUT**
- RUNNING WHIP --> TO TUCK / LAYOUT**

LEVEL 5

- JUMP TO TUCK
- BHS BHS LAYOUT**
- BHS/SERIES BHS WHIP TUCK/LAYOUT**
- ARABIAN
- ROUND OFF BHS FULL**
- PUNCH FRONT STEPOUT --> TO FULL**
- RUNNING WHIP --> FULL**

LEVEL 6

- JUMP TO TUCK
- STANDING BHS SERIES FULL**
- JUMP BHS SERIES FULL**
- BHS FULL**
- STANDING FULL**
- STANDING SERIES BHS DOUBLE FULL**
- SPECIALTY --> FULL**
- ROUND OFF BHS DOUBLE FULL**
- ELITE COMBINATIONS TO DOUBLE**

LISTED ABOVE ARE SOME TUMBLING SKILLS BY LEVEL. OUR PROGRAMS DECISION SKILLS FOR EACH LEVEL CAN BE FOUND IN **RED**. MASTERED DECISION SKILLS JUSTIFY OUR TEAM PLACEMENTS AND LEVEL UP IN TUMBLING CLASSES.