

Tumbling Levels

Level 1

Forward Rolls

Straddle Rolls

Handstand

Backbends

Cartwheels

Run Skip Cartwheels

Round off

Running Round off

Front Limber

Front Limber stand up

Fall into backbend

Backbend Kickover

Level 2

All Level 1 skills

*Back Walk Over

Handstand walks

Front Walk Over

*** Must have to be prior to moving to level**

Level 3

All level 2 skills

*Single Backhandspring

Standing Double handspring

Round off Back handspring

Tuck Layout(Level 4)

*Round off back handspring tuck

Round off Tuck

Front Tuck

Backhandspring Tuck

Standing tuck

Round off Bhs Double to a tuck