

TAC Tumbling Skills Progression Chart

	Basic	Intermediate	Advanced
Level 1	Forward Roll Backward Roll Bridge Cartwheel Round off	Backbend Kickover Jump to Forward Roll Handstand Forward Roll Front Limber Cartwheel Back Walkover Forward Roll Connection Backward Roll Connection	Back Extension Roll Back Walkover Series Front Walkover Series FWO Cartwheel BWO Forward Roll FWO Switch Leg Back Walkover Switch Leg Front Walkover Specialty Pass*
Level 2	Standing BHS BHS pause BHS 3 Jumps pause BHS Round off BHS	Straight Jump BHS BWO BHS RO Series BHS FWO Round Off BHS Front Handspring	Back Ext. Roll BWO BHS BHS BWO BHS FWO RO BHS Series FWO FHS Specialty Pass*
Level 3	Standing 2 BHS Jump to BHS RO BHS Tuck	Standing 3 BHS 2+ Jumps to BHS Series FWO RO BHS Tuck Punch Front	Jump BHS Step Out RO BHS Tuck FWO RO BHS Step Out RO BHS Tuck RO BHS Tuck-Jump BHS Specialty Pass*
Level 4	Standing Tuck Jump to BHS Tuck Standing BHS Tuck RO BHS Layout	3 Jumps to 3 BHS Tuck FWO RO BHS Layout RO whip to Tuck Punch Front thru Tuck	Punch Front thru RO BHS Layout RO BHS Layout Step Out RO-whip-layout Specialty Pass*
Level 5R	Toe Back Standing 3 to Full RO Full RO BHS Full	2+ Jumps to Tuck Standing 2 to Full BHS Full FWO to Full	Jump 2 BHS to Full Standing Whip to Full FHS Front tuck to Full Punch Front to Full Arabian

BWO = Back Walkover
BHS = Back Handspring

FWO = Front Walkover
RO = Round off

*A Specialty Pass is a combination of connected advanced level skills

- ★ All-star Prep athletes should have mastered most skills in the Basic column to be considered a level appropriate athlete.
- ★ All-star Elite athletes should have mastered all skills in the Basic and Intermediate column to be considered a level appropriate athlete.
- ★ NOTE: Tumbling is only one of many aspects considered when selecting athletes for an Allstar team. (35% of the score comes from tumbling at competition. Stunting consist of 50% of the score sheet.)