



TUMBLING SKILLS TREE

2018

Tumbling

FUNDamentals

Level 1

Level 2

Level 2/3

FUNDamentals	Level 1	Level 2	Level 2/3
Forward Roll	Round Off Rebound	Standing Back Handspring	Standing Series BH
Handstand	Front Walkover	Round Off Series Back Handsprings	Front Walkover RO Series BH
Back Bend from standing position	Back Walkover Back Scissor		ROBH Rebound 1/2 Turn RO Series BH
Cartwheel			RO Back Tuck

Level 3

Level 4

Level 5

Level 3	Level 4	Level 5
Running Punch Front	Standing BT	Standing Series BH to Full Twisting Layout
RO BH Back Tuck	Standing Series BH to BT	Standing Full Twist
FWO RO BH Back Tuck	Standing Series BH to Layout	RO BHS Full Twisting Layout
	RO BH Layout	RO BHS Double Full Twisting Layout
	PF Step Out RO BH Layout	

STARSTRUCK
 500 Glass Lane, Ste 1
 Modesto, CA 95356
 (209) 523-9456
 StarstruckCD.com
 Info@StarstruckCD.com