

TUMBLING SKILLS

LEVEL 1

BEGINNER

Forward Roll
Backbend
Bridge Kick Over
Cartwheel (CW)

INTERMEDIATE

2 Back Walkovers (BWO)
CW, BWO, BWO
Front Walkover (FWO)
Round Off (RO)

ADVANCED/ELITE

BWO Series w/ Switch Leg
Valdez BWO
FWO CW BWO
FWO FWO

LEVEL 2

INTERMEDIATE

BWO Switch Leg BHS
BHS Step Out, BWO BHS
RO BHS, BHS

ADVANCED/ELITE

Valdez BHS
FWO RO BHS
Boulder

Level 3

INTERMEDIATE

BHS Step Out, BHS BHS
RO BHS Tuck
Jump BHS BHS

ADVANCED/ELITE

Valdez BHS BHS
Front Handspring Front
Punch Front -> RO BHS Tuck
FWO Aerial

Level 4

INTERMEDIATE

Standing Tuck
BHS Tuck
RO BHS Layout

ADVANCED/ELITE

Jump BHS Tuck
BWO/Valdez Tuck
RO Whip Tuck
BHS Step Out, BHS Layout

Level 5

INTERMEDIATE

Jump 2 BHS Layout
Jump Tuck
RO BHS Full

ADVANCED/ELITE

BHS Layout
PF -> Full
RO Arabian
Whip -> Full