

LEVEL 1

STANDING TUMBLING SKILLS

FORWARD ROLL • STRADDLE ROLL • HANDSTAND • HANDSTAND FORWARD ROLL • FRONT LIMBER
 FRONT WALK OVER • CARTWHEEL • BACKWARD ROLL
 BACK EXTENSION ROLL • PUSH UP TO BACKBEND • STANDING BACKBEND
 BACKBEND KICK OVER • BACK WALKOVER

RUNNING TUMBLING SKILLS

CARTWHEEL • FRONT WALKOVER • ROUND OFF • CARTWHEEL BACK WALKOVER
 FRONT WALKOVER TO CARTWHEEL/ROUND OFF
 CARTWHEEL 1/2 TURN FRONT WALKOVER • CONNECTED SKILLS -CARTWHEEL/BACK WALKOVER

LEVEL 2

STANDING TUMBLING SKILLS

STANDING BACK HANDSPRING • BACK HANDSPRING STEP OUT
 BACK EXTENSION ROLL BACK HANDSPRING • BACK WALKOVER BACK HANDSPRING

RUNNING TUMBLING SKILLS

CARTWHEEL BHS • ROUND OFF BHS • ROUND OFF BHS STEP OUT
 ROUND OFF BHS SERIES • FRONT WALKOVER TO ROUND OFF BHS SERIES

LEVEL 3

STANDING TUMBLING SKILLS

BHS SERIES • JUMP TO BHS • JUMP TO BHS SERIES
 BHS SERIES JUMP BHS SERIES • BHS STEP OUT BHS COMBO

RUNNING TUMBLING SKILLS

AERIALS • PUNCH FRONT • ROUND OFF TUCK • ROUND OFF BHS BACK TUCK
 ROUND OFF BHS SERIES TO BACK TUCK • FRONT WALKOVER TO ROUND OFF BHS BACK TUCK
 FRONT WALKOVER TO ROUND OFF BHS SERIES BACK TUCK