

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

LEVEL 4

STANDING TUMBLING SKILLS

STANDING BACK TUCK • BHS BACK TUCK • BHS SERIES TO BACK TUCK
 JUMP BHS BACK TUCK • JUMP BHS SERIES TO BACK TUCK

RUNNING TUMBLING SKILLS

CARTWHEEL BACK TUCK • ROUND OFF LAYOUT
 ROUND OFF BHS LAYOUT/LAYOUT STEPOUT / X-OUT • ROUND OFF BHS SERIES TO LAYOUT
 FRONT WALKOVER THROUGH TO LAYOUT • PUNCH FRONT STEPOUT TO LAYOUT
 ROUND OFF BHS SERIES TO LAYOUT • ROUND OFF BHS WHIP BHS TO LAYOUT
 PUNCH FRONT STEPOUT TO ROUND OFF BHS WHIP BHS TO BACK TUCK
 FRONT HANDSPRING PUNCH FRONT
 FRONT HANDSPRING PUNCH FRONT THROUGH TO ROUND OFF BHS BACK TUCK/LAYOUT

LEVEL 5 YOUTH, JUNIOR RESTRICTED & SENIOR RESTRICTED

STANDING TUMBLING SKILLS

JUMP BACK TUCK • BHS SERIES TO WHIPS AND LAYOUTS • JUMP BHS SERIES TO WHIPS AND LAYOUTS
 BHS WHIP BHS SERIES TO LAYOUT/LAYOUT STEPOUT/X-OUT

RUNNING TUMBLING SKILLS

ROUND OFF FULL • ROUND OFF BHS FULL • FRONT WALKOVER THROUGH TO FULL
 PUNCH FRONT STEPOUT TO FULL • ROUND OFF WHIP BHS TO FULL

LEVEL 5 & 6

STANDING TUMBLING SKILLS

JUMP BACK TUCK

ELITE LEVEL APPROPRIATE

STANDING FULL • JUMP FULL • BHS FULL • JUMP BHS FULL • BHS SERIES TO FULL
 JUMP BHS SERIES TO FULL • BHS WHIP TO BHS SERIES TO FULL • BHS SERIES TO DOUBLE FULL
 JUMP BHS SERIES TO DOUBLE FULL • BHS WHIP TO BHS SERIES TO DOUBLE FULL

RUNNING TUMBLING SKILLS

CARTWHEEL FULL • ROUND OFF FULL • ROUND OFF BHS FULL • FRONT WALKOVER THROUGH TO FULL
 SIDE AERIAL/FRONT AERIAL/ONODI THROUGH TO FULL • FRONT FULL

ELITE LEVEL APPROPRIATE

FRONT HANDSPRING FRONT FULL • PUNCH FRONT STEPOUT TO FULL • ROUND OFF BHS WHIP TO FULL
 ROUND OFF ARABIAN ROUND OFF BHS FULL • ROUND OFF BHS FULL BHS SERIES TO FULL ROUND OFF DOUBLE FULL
 ROUND OFF BHS DOUBLE FULL • FRONT WALKOVER THROUGH TO DOUBLE FULL
 PUNCH FRONT STEPOUT TO DOUBLE FULL • ROUND OFF BHS WHIP TO DOUBLE FULL
 ROUND OFF ARABIAN ROUND OFF BHS DOUBLE FULL • ROUND OFF BHS FULL BHS SERIES TO DOUBLE FULL
 ROUND OFF BHS DOUBLE FULL BHS SERIES TO DOUBLE FULL