

# School/Traditional Rec Extreme Tumbling



Back Walkover - Back Handspring Step Out

LEVEL 3		
	Standing Tumbling	Running Tumbling
Level Appropriate	BHS Series • Jump - BHS • BWO - BHS Series • BHS Step out - BWO - BHS Series	Punch Front • RO - Tuck • Aerial • RO - BHS Tuck • RO - BHS Series - Tuck
Elite Level Appropriate	<p><b>Elite level skills include three (3) or more connected skills including at least two (2) level appropriate skill connections</b></p> <p>BHS Series - Jump - BHS Series • Jump - BHS - Jump - BHS • BHS Step out - BHS/BHS Series BWO - BHS - Jump - BHS/BHS Series • Jump - BHS Series • BHS - Jump - BHS **MUST BE AN ADVANCED JUMP**</p>	<p><b>Elite level skills include any two (2) level appropriate skills connected OR any level appropriate skill connected by a lower level running tumbling skill</b></p> <p>FWO - Aerial • RO - BHS Step Out - 1/2 Turn - RO - BHS - Tuck • FWO - RO - BHS - Tuck FWO - RO - BHS Series - Tuck • Bounder/Flyspring - RO - BHS - Tuck • Aerial - Tuck • PF - Tuck* *must initiate RO within 4 counts after landing of PF</p>
LEVEL 4		
	Standing Tumbling	Running Tumbling
Level Appropriate	BHS Series - Back Tuck • BHS - Back Tuck	Cartwheel - Back Tuck • RO - Layout • RO - BHS - Layout/Layout step out/X-Out/Switch Leg PF step out - RO - BHS - Tuck • Front Walkover - RO - BHS - Layout • Aerial - Back Tuck Front Handspring - Punch Front • RO - Onodi - through to Tuck
Elite Level Appropriate	<p>Jump - BHS Series - Back Tuck • Jump - BHS - Back Tuck • BWO - Tuck • Back Tuck **MUST BE AN ADVANCED JUMP**</p>	<p><b>Elite level skill includes two (2) level appropriate skills executed in one (1) pass</b></p> <p>Punch Front step out - RO - BHS - Layout • RO - Whip - Tuck OR BHS - Layout Front Handspring - Punch Front - RO - BHS - Tuck RO - BHS - Whip - Layout OR BHS - Layout • PF step out - RO - BHS - Whip - Layout OR BHS - Layout Front Handspring - PF step out - RO - BHS - Layout Front Handspring - PF step out - RO - BHS - Whip - Layout OR BHS - Layout • RO - Onodi - through to Layout</p>

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LEVEL 5

Standing Tumbling

Running Tumbling

Level Appropriate	BHS - Tuck - BHS - Tuck • BHS - Whip - BHS - Tuck • BHS Series - Whip - BHS - Tuck Jump - BHS Series - Whip - BHS - Tuck • BHS Series - Layout	RO - Full • RO - BHS Series - Full • RO - BHS - Full • Front Walkover - RO - BHS Series - Full Front Walkover - RO - BHS - Full • RO - Arabian
Elite Level Appropriate	Jump - BHS - Whip - Tuck • BHS - Whip - BHS Series - Layout/Layout Step Out/X-Out • BHS - Whip - BHS - Layout • BHS Series - Whip - Layout • BHS - Whip - Layout • Jump - BHS Series - Whip - Layout OR BHS - Layout • Jump - Back Tuck • Jump - BHS - Whip - Layout OR BHS - Layout BHS - Layout • Jump - BHS Series - Layout • BHS Series - Whip - Tuck <b>**MUST BE AN ADVANCED JUMP**</b>	Front Full • PF step out - RO - BHS - Full • Front Handspring - PF step out - RO - BHS - Full RO - Whip - BHS Series - Full • RO - Whip - BHS - Full • Front Handspring - Front Full PF step out - RO - Whip - BHS - Full • Front Handspring - PF step out - RO - Whip - BHS - Full RO Arabian - Full** <b>**Must initiate RO within 4 counts of landing arabian to be connected</b>

LEVEL 6

Standing Tumbling

Running Tumbling

Level Appropriate	Jump Back Tuck • BHS Series - Full • Jump - BHS Series - Full • BHS Series - Full - BHS Series - Full BHS - Whip - BHS Series - Full	Cartwheel - Full • Front Handspring - Punch Front - RO - BHS - Full Front Aerial/Onodi - through to Full • Front Full • Front Handspring - Full Punch Front Step out - through to Full • RO - BHS - Whip - through to Full
Elite Level Appropriate	Jump - BHS - Full • BHS - Full • BHS Series - Whip - Full • Standing Full • Jump - Full • BHS Series - Double Full Jump - BHS Series - Double Full • BHS - Whip - BHS Series - Double Full • BHS Series - Whip - Double Full BHS - Whip - Double Full • Jump - BHS - BHS - Whip - Double Full • Jump - BHS - Whip - Double Full • BHS Series - Full - Whip - Full/Double Full • BHS Series - Double Full - Whip - Double Full <b>**MUST BE AN ADVANCED JUMP**</b>	RO - Half Full Step out - through to Full • RO - Whip - Full • RO - Arabian - RO - BHS - Full • RO - Double Full RO - BHS - Double Full • Front Walkover - through to Double Full • Punch Front Step out - through to Double Full RO - BHS - 1.5 Full Step out - through to Full • RO - BHS - Whip - through to Double Full RO - Whip - Double Full • RO - Arabian - through to Double Full • RO - BHS - Full through to Double Full RO - BHS - 1.5 Step out - through to Double Full • RO - BHS - Double - BHS series to Double Full RO - BHS - Full - Whip - Double Full • PF Step out - RO - BHS - Whip - BHS - Double Full RO - BHS - Double Full - Whip - Double Full • PF Step out - RO - Arabian - RO - BHS - Whip - Double Full