

Tumbling Skills

These skills are used as a starting point for leveling our classes.
They are subject to change if needed.

Tumbling: Beginner

FLOOR

Cartwheel

Handstand

Bridge

Dive Roll

Back Roll

Handstand bridge w/spot

Round-Off Rebound

Tumbling: Intermediate

FLOOR

Handstand Roll

Front Limber

Bridge Kick Over/Back Walkover

Front Handspring w/ spot

Back Handspring

Front Tuck on Trampoline

Tumbling: Advanced

FLOOR

Back Handspring Connections

Front Handspring

Round-off Back Handspring

Front Tuck on Floor

Back Tuck on Trampoline and Floor

Round-off Back Tuck

Working on Connections
