

TUMBLING LEVELS

LEVEL 1

No experience needed.

- *Able to stand in line
- *Listening skills

WILL LEARN-

- Forward roll
- Backward roll
- Backbend
- Standing backbend
- Two feet weight transfer over panel
- Cartwheel
- Sideways handstand (snap feet on top)
- Hand stand

LEVEL 2

- Forward roll
- Backward roll
- Back bend held without touching head to ground
- Hold body weight in a hand stand
- Cartwheel
- Standing backbend

WILL LEARN-

- Backhand spring correct form and jump
- Jumping through toes
- Arms stay strong by ears
- Round offs
- Power hurdle round off
- Running round off w/rebound
- Round off block off panel mat
- Hand stand pops
- Whip downs
- Back walkovers
- Front walkovers

LEVEL 3

- Consistent with form for spotted backhand spring
- Round off
- (hands pop off floor before feet hit the ground)
- Back walkover
- Front walkover
- Strong handstand

WILL LEARN-

- Front hand springs
- Getting backhand springs!!
- Beginning tucks
- Connecting tumbling

LEVEL 4

- Standing backhand spring on cheese or on air floor
- Round off
- Front hand spring

WILL LEARN-

- Connecting the round off backhand springs (multiple)
- Standing tucks and running tucks
- Whips
- Full's
- And so much more!!!

PARKOUR

LEVEL 1

Safety landing , Kong vault, Speed vault, Safety vault, Wall run, Backflip (spot), Frontflip(spot), Precision jumps, Parkour roll, Diveroll, Back roll,

Move to level 2 , Speed and safety vault, and cartwheel.

LEVEL 2

Start side flips, Wallspin, Start backflips without spot on red mat, Start frontflips without spot on red mat, ,

Move to level 3, Land flips on red mat, Kong vault, ,

LEVEL 3,

Webster off ledge , Backflip off ledge , Frontflip off ledge , Reverse vault, Kick up, Dash,

Move to level 4 , Flips off ledge and dash, ,

LEVEL 4 ,

Side flip, Gainer, Wallflip, Round off backflip, Backflip standing , Backfull on trap, Round off backfull, Backhand spring, Double kong, Cash, ,