



Tumbling Class Levels

- ★ The skills listed below are the skills that each level will be working on.
- ★ Students must complete a majority of the skills in their level without a spot and with proper technique to move to the next level.

Standing Tumbling	Running Tumbling
Level 1	
Handstand	Round-off
Forward Roll	
Backward Roll	
Cartwheel	
Front Walkover	
Back Walkover	
Level 2	
Back Handspring	Round-Off Back Handspring
Front Handspring	Round-Off Multiple Back Handsprings
Back Extension Roll	
Level 3	
Multiple Back Handspring	Round-Off Back Handspring Tuck
Toe Touch Back Handspring	Round-Off Tuck
Cartwheel Back Handspring	Punch Fronts
	Specialty Passes Appropriate for Level 3
Level 4	
Standing Back Handspring Back Tuck	Round-off Back Handspring Layout
Standing Back Tuck	Round-off Back Handspring Layout Step Outs
Toe Touch Back Handspring Back Tuck	Whip Backs
Cartwheel Tucks	Specialty Passes Appropriate for Level 4
Level 5	
Toe Touch Back Tuck	Round-off Back Handspring Full
Standing Full	Round-off Back Handspring Double Full
	Arabians
	Specialty Passes Appropriate for Level 5