



Tumbling Class Levels

★ The skills listed below are the skills that each level will be working on in their class.

NOVICE

Standing Skills	Running Skills
Handstand	Round-off
Forward Roll	Round-off Back Handspring
Backward Roll	
Cartwheel	
Front Walkover	
Back Walkover	
Back Handspring	

INTERMEDIATE

★ Students must have a Standing Back Handspring and Round-off Back Handspring without a spot to be placed in this level

Standing Skills	Running Skills
Back Handspring Series	Round-off Back Handspring Series
Jumps to Back Handspring	Round-off Back Handspring Tuck
Back Extension Roll	Round-off Tuck
Back Extension Roll Back Handspring	Front Tuck
Back Walkover Back Handspring	Level Appropriate Specialty Passes

ADVANCED

★ Students must have a Standing Back Handspring Series and Round-off Back Handspring Tuck without a spot to be placed in this level

Standing Skills	Running Skills
Back Handspring Back Tuck	Round-off Back Handspring Layout
Back Tuck	Round-off Back Handspring Full
Jumps to Back Handspring Back Tuck	Round-off Back Handspring Double Full
Jumps to Back Tuck	Level Appropriate Specialty Passes
Back Handspring Series to Layout	
Back Handspring Series to Full	
Full	