

# Tumbling Levels & Classes

## **"Fun"amentals Class - (Ages 3-5)**

### **Skills working on:**

- Coordination
- Spatial Awareness
- Large Motor Skills
- Listening
- Following Directions
- Colors
- Shapes
- Memory
- All the skills listed above, but not limited too

## **Pups 1 Class - (Ages 5-8)**

### **Skills working on:**

- Lunge
- Cartwheel
- Handstand
- Forward-Roll
- Backward-Roll
- Bridge-up
- All the skills listed above, but not limited too

### **Skills needed to progress to -- Pups 2:**

- 2 Second Handstand Lunge
- Forward-roll Stand-up No-hands
- Backward-roll Stand-up
- Bridge-up Walk
- Cartwheel

## **Pups 2 Class - (Ages 5-8)**

### **Skills working on:**

- Explosive Jump
- Body Control
- Cartwheel
- Handstand Bridge
- Back-bend Stand-up
- Handstand Forward-roll
- Bridge Kick-over
- Handstand Walk
- Round-off Rebound
- Back-extension Roll
- Back-handspring Shaping
- Back-walkover
- Front-walkover
- All the skills listed above, but not limited too

### **Skills needed to progress to -- Pups 3:**

- Round-off
- Back-bend Kick-over
- Back-walkover
- Front-walkover
- Back-extension Roll

## **Pups 3 Class - (Ages 5-8)**

### **Skills working on:**

- Back-walkover Series
- Front-walkover Round-off
- Back-handspring
- Round-off Back-handspring
- Back-handspring Series
- Combo Tumbling
- All the skills listed above, but not limited too

## Level 1 Class

### Working On:

#### Standing Tumbling

- Forward-roll
- Backward-roll
- Handstand Forward-roll
- Back-bend Kick-over
- Back-walkover
- Back-walkover Series
- Front-walkover Pause Back-walkover Series
- Back-extension-roll
- Jumps Forward-roll
- Jumps Backward-roll
- Back-walkover Series with Switch
- Valdez Back-walkover
- Back-extension-roll Back-walkover

#### Running Tumbling

- Cartwheel
- Cartwheel Back-bend Kick-over
- 2 Step Round-off-rebound
- Front-walkover
- Cartwheel Back-walkover
- Front-walkover Cartwheel
- Cartwheel Chasse' Round-off
- Front-walkover Cartwheel Back-extension-roll
- Front-walkover Cartwheel Back-walkover
- Front-walkover Cartwheel Back-walkover Back-extension-roll
- Front-walkover Round-off-rebound
- Front-walkover Round-off-rebound Back-extension-roll

### Level 2 Skills -- (introduced):

- Back-handspring

- 2 Step Round-off Back-handspring

## Level 2 Class

### Working On:

#### Standing Tumbling

- Back-handspring
- Back-handspring Pause Back-handspring
- Jumps Pause Back-handspring
- Back-walkover Back-handspring
- Front-walkover Pause Back-handspring
- Back-extension-roll Back-handspring
- Valdez Back-walkover Back-handspring
- Back-extension-roll Back-walkover Back-handspring
- Front-walkover Pause Back-extension-roll Back-walkover Back-handspring

#### Running Tumbling

- Front-handspring
- 2 Step Round-off Back-handspring
- 2 Step Round-off 2 Back-handsprings
- 2 Step Round-off 3 Back-handsprings
- Front-walkover Round-off 2 Back-handsprings
- Front-walkover Round-off-rebound Back-extension-roll Back-handspring
- Front-walkover Cartwheel Back-handspring
- Front-walkover Cartwheel Back-extension-roll Back-handspring
- Round-off Back-handspring-1/2 turn Round-off 2 Back-handspring

### Level 3 Skills -- (introduced):

- 2 Back-handsprings
- 3 Back-handsprings

- 2 Step Round-off Back-tuck
- 2 Step Round-off Back-handspring Back-tuck

### Level 3 Class

#### Working On:

#### Standing Tumbling

- 2 Back-handsprings
- 3 Back-handsprings
- 2 Back-handspring Toe-touch Back-handspring
- Jump Back-handspring Jump Back-handspring
- Jump Back-handspring-step-out Round-off Back-handspring Back-tuck
- 2 Back-handspring Toe-touch 2 Back-handspring
- Jump Back-handspring-1/2 turn Round-off Back-handspring Back-tuck

#### Running Tumbling

- 2 Step Round-off Back-tuck
- 2 Step Round-off Back-handspring Back-tuck
- Front-walkover Round-off Back-tuck
- Front-walkover Round-off Back-handspring Back-tuck
- Round-off 3 Back-handsprings Back-tuck
- Punch-front
- Punch-front Pause Round-off Back-tuck
- Punch-front Pause Round-off Back-handspring Back-tuck
- Front-walkover Round-off Back-handspring-step-out Round-off Back-handspring Back-tuck

#### Level 4 Skills -- (introduced):

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| <ul style="list-style-type: none"> <li>• Back-tuck</li> <li>• 3 Back-handsprings Back-tuck</li> </ul> | <ul style="list-style-type: none"> <li>• 2 Step Round-off Layout</li> <li>• 2 Step Round-off Back-handspring Layout</li> </ul> |
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### Level 4 Class

#### Working On:

#### Standing Tumbling

- Back-tuck
- 3 Back-handsprings Back-tuck
- 2 Back-handsprings Back-tuck
- Jump Pause Back-tuck
- Back-handspring Back-tuck
- Jump 2 Back-handsprings Back-tuck
- 3 Jumps Back-handspring Back-tuck
- 3 Jumps Pause Back-tuck
- Back-handspring Toe-touch Back-handspring Back-tuck
- Jump Back-handspring Jump 2 Back-handsprings Back-tuck

#### Running Tumbling

- 2 Step Round-off Layout
- 2 Step Round-off Back-handspring Layout
- Front-walkover Round-off Back-handspring Layout
- Round-off Back-handspring Back-tuck 2 Back-handsprings Back-tuck
- Round-off Whip 2 Back-handsprings Back-tuck
- Punch-front Round-off Back-handspring Layout
- Round-off Whip 2 Back-handsprings Layout
- Round-off Whip Punch-layout
- Front-handspring Punch-front-step-out Round-off Back-handspring Layout

#### Level 5 Skills -- (introduced):

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| <ul style="list-style-type: none"> <li>• Jump Back-tuck</li> <li>• 3 Jumps Back-tuck</li> </ul> | <ul style="list-style-type: none"> <li>• 2 Step Round-off Full</li> <li>• 2 Step Round-off Back-handspring Full</li> </ul> |
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## Level 5 Class

### Working On:

#### Standing Tumbling

- Jump Back-tuck
- 3 Jumps Back-tuck
- 2 Back-handsprings Layout
- 2 Back-handsprings Back-tuck 2 Back-handsprings Back-tuck
- Jump 2 Back-handsprings Layout
- 2 Back-handsprings Whip Back-handspring Layout
- 2 Back-handsprings Whip Punch-layout
- 3 Jumps Back-handspring Layout

#### Running Tumbling

- 2 Step Round-off Full
- 2 Step Round-off Back-handspring Full
- Front-walkover Round-off Back-handspring Full
- Round-off Whip 2 Back-handsprings Full
- Punch-front-step-out Round-off Back-handspring Full
- Round-off Arabian Pause Round-off Back-handspring Full
- Front-handspring Punch-front-step-out Round-off Back-handspring Full

### Level 6 Skills -- (introduced):

- Standing 3 Back-handsprings Full
- Cartwheel Full

## Level 6 Class

### Working On:

- 3 Back-handsprings Full
- 2 Back-handsprings Full
- Jump 2 Back-handsprings Full
- Back-handspring Full
- Standing Full
- 2 Back-handsprings Whip Punch-full
- Jump Full
- 2 Back-handsprings Full 2 Back-handsprings Full
- 3 Back-handsprings Double-full
- 2 Back-handsprings Whip Punch-double-full
- 2 Back-handsprings Full Whip Punch-double-full

- 2 Step Round-off Back-handspring Full
- Cartwheel Full
- Punch-front-step-out Round-off Back-handspring Full
- Front-handspring Punch-front-step-out Round-off Back-handspring Full
- Round-off Whip Punch-full
- Round-off Arabian-step-out Round-off Back-handspring Full
- Round-off Back-handspring Full 2 Back-handspring Full
- Round-off Back-handspring Double-full
- Punch-front-step-out Round-off Back-handspring Double-full
- Round-off Arabian-step-out Round-off Back-handspring Double-full
- Round-off Whip 2 Back-handsprings Double-full