



TOP DOG TUMBLING SKILLS FOR LEVELS 1-6



- ❖ It is expected that all tumbling will be performed with strong execution.
- ❖ In order to attend the leveled tryout, all skills must be performed on the spring floor with no spotting.
- ❖ It is recommended that athletes are able to demonstrate the Elite Tumbling Skills for their level to truly be considered a strong athlete at this level. Athletes who do not possess the Elite Tumbling Skills may or may not be considered for a lower level that they are strong in. However, some may be needed on a level without having the Elite Tumbling Skills to fulfill other purposes.
- ❖ The tryout level that you attend may or may not ultimately match the level team you are placed on. Our teams are not based 100% on tumbling. You may be asked to attend more than one level throughout the course of the weeks.

ABBREVIATIONS GLOSSARY			
BWD – Backward	RT – Rebound 1/2 Turn	BHS – Back-handspring	Whp – Whip
FWD – Forward	TT – Toe Touch	FHS – Front-handspring	SO – Step-out
CW – Cartwheel	BXTR – Back Extension-roll	FS – Fly-spring	T – Tuck
P – Pause	BBKO – Back-bend Kick-over	PF – Punch-front	LO – Layout
HS – Handstand	BWO – Back-walkover	PFSO – Punch-front Step-out	LOSO – Layout Step-out
RO – Round-off	FWO – Front-walkover	Arab – Arabian	F – Full
Reb – Rebound		ASO – Arabian Step-out	DF – Double Full

LEVEL 1 ATHLETE • LEVEL APPROPRIATE			
STANDING TUMBLING		RUNNING TUMBLING	
<ul style="list-style-type: none"> • Forward-roll • Handstand Forward-roll • Front-limber • Cartwheel • Backward-roll 	<ul style="list-style-type: none"> • Bridge-up • Push-up to Back-bend • Back-bend • Bridge-up Kick-over • Back-bend Kick-over 	<ul style="list-style-type: none"> • Cartwheel • Front-walkover • Round-off 	<ul style="list-style-type: none"> • Round-off • Cartwheel Back-walkover
ELITE LEVEL APPROPRIATE			
<ul style="list-style-type: none"> • Back Extension-roll • Front-walkover • Back-walkover 	<ul style="list-style-type: none"> • Valdez • Valdez Double Back-walkover • Valdez Double BWO Switch 	<ul style="list-style-type: none"> • Front-walkover Cartwheel Back-walkover 	
ENTRY LEVEL 2 SKILLS			
<ul style="list-style-type: none"> • Standing BHS 	<ul style="list-style-type: none"> • Jump Pause BHS 	<ul style="list-style-type: none"> • Cartwheel BHS 	<ul style="list-style-type: none"> • RO BHS



TOP DOG TUMBLING SKILLS FOR LEVELS 1-6



LEVEL 2 ATHLETE • LEVEL APPROPRIATE			
STANDING TUMBLING		RUNNING TUMBLING	
• Standing BHS	• BHS Step-out	• Cartwheel BHS	• RO BHS Step-Out
• Jump Pause BHS		• RO BHS	• Front-handspring
ELITE LEVEL APPROPRIATE			
• Back Extension-roll BHS	• Valdez BHS	• RO BHS Series	• RO BHS RT RO 2BHS
• Back-walkover BHS		• FWO RO BHS Series	
ENTRY LEVEL 3 SKILLS			
• BHS Series	• Jump BHS	• Aerials	• RO Back-tuck
		• Punch-front	• RO BHS Back-tuck

LEVEL 3 ATHLETE • LEVEL APPROPRIATE			
STANDING TUMBLING		RUNNING TUMBLING	
• BHS Series	• Jump BHS Series	• Aerials	• RO BHS Back-tuck
• Jump BHS		• Punch-front	• RO BHS Series Back-tuck
		• RO Back-tuck	
ELITE LEVEL APPROPRIATE			
• BHS Series Jump BHS Series	• BHS Step-out BHS Combo	• FWO RO BHS Back-tuck	• Aerial RO BHS Back-tuck
		• FWO RO BHS Series Back T	• PF Pause RO BHS Back T
ENTRY LEVEL 4 SKILLS			
• Standing Back-tuck		• Cartwheel Back-tuck	• RO BHS Layout Step-out
		• RO Layout	• RO BHS X-out
		• RO BHS Layout	

LEVEL 4 ATHLETE • LEVEL APPROPRIATE			
STANDING TUMBLING		RUNNING TUMBLING	
• Standing Back-tuck	• BHS Series Back-tuck	• Cartwheel Back-tuck	• RO BHS Layout Step-out
• BHS Back-tuck		• RO Layout	• RO BHS X-out
		• RO BHS Layout	• RO BHS Series Layout
ELITE LEVEL APPROPRIATE			
• Jump BHS Back-tuck	• Standing Back-tuck 2-step	• FWO RO BHS Layout	• Punch-front Step-out RO
• Jump BHS Series Back-tuck	• BHS Back-tuck	• Punch-front Step-out RO BHS Layout	• BHS Whip BHS Back-tuck
		• RO BHS Whip BHS Series Layout	• FHS Punch-front
			• FHS Punch-front RO BHS Back-tuck or Layout
ENTRY LEVEL 5 SKILLS			
• Jump Back-tuck	• BHS Series to Whips & Layouts	• RO Full	• RO BHS Full



TOP DOG TUMBLING SKILLS FOR LEVELS 1-6



LEVEL 5 ATHLETE • LEVEL APPROPRIATE			
STANDING TUMBLING		RUNNING TUMBLING	
• Jump Back-tuck	• BHS Series to Whips & Layouts	• RO Full	• RO BHS Full
ELITE LEVEL APPROPRIATE			
• Jump BHS Series to Whips & Layouts	• BHS Whip BHS Series Layout Step-out	• FWO RO BHS Full	• RO Whip BHS Full
• BHS Whip BHS Series Layout	• BHS Whip BHS Series X-out	• PF Step-out RO BHS Full	
ENTRY LEVEL 6 SKILLS			
• BHS Series Full	• Jump BHS Series Full	• Cartwheel Full	• RO BHS Whip BHS Full
		• FWO RO BHS Full	

LEVEL 6 ATHLETE • LEVEL APPROPRIATE			
STANDING TUMBLING		RUNNING TUMBLING	
• Jump Back-tuck	• Jump BHS Series Full	• Cartwheel Full	• RO BHS Full
• BHS Series Full		• RO Full	• FWO RO BHS Full
ELITE LEVEL APPROPRIATE			
• Jump BHS Full	• BHS Whip BHS Series Full	• Side-aerial through to Full	• RO Double-full
• BHS Full	• BHS Series Dbl-full	• Front-aerial through to Full	• RO BHS Double-full
• Standing Full	• Jump BHS Series Dbl-full	• Onodi through to Full	• FWO RO BHS Dbl-full
• Jump Full	• BHS Whip BHS Series Dbl-full	• Punch Front-full	• PF SO RO BHS Dbl-full
		• FHS Front-full	• RO BHS Whip to Dbl-full
		• Punch-front Step-out to Full	• RO Arab RO BHS Dbl-full
		• RO BHS Whip to Full	• RO BHS Full BHS Series Dbl-full
		• RO Arabian RO BHS Full	• RO BHS Full BHS Series Dbl-full
		• RO BHS Full BHS Series Full	• RO BHS Dbl-full BHS Series Dbl-full