

ADVANCED TUMBLING

Tumbling students work on front tumbling and multiple trick skills and combinations. Students will refine and add to multiple back handsprings, back handspring to a back tuck, back handspring to a layout, and a layout full twist.

Front Tuck, Front Tuck Step Out

Front Handspring, Dive Roll/Front Tuck

Front Handspring Step Out, Front
Handspring

Front Handspring Step Out, Round Off,
Back Handspring

Standing 2 Back Handsprings

Standing Back Tuck

Cartwheel Step In, Back Handspring

Cartwheel Step In, Back Tuck

Round Off, 2 Back Handsprings

Round Off, Back Handspring, Back Tuck

Round Off, Back Handspring, Back Layout

Round Off, Back Tuck/Layout

Round Off, Back Handspring, Layout Half

Round Off, Back Handspring, Layout Full



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