

BEGINNING TUMBLING

Beginning Tumbling is for new students who have little or no tumbling experience. Students are introduced to proper body positioning, terminology, and technique.

Back Walkover

Front Walkover

Round Off

Back Limber

Front Limber

Cartwheel, Backward Roll

Cartwheel, Round Off

Front Walkover, Cartwheel

Spotted Standing Back Handspring

Spotted Front Handspring



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