

# TUMBLEBEEES

This is a beginning tumbling class for children ages 5-9 and a perfect class for those just learning how to tumble.



Forward Tuck Roll

Backward Tuck Roll

Vertical Handstand

Cartwheel Step In

Back Bend

Handstand to Bridge

Bridge Stand Up

Push to Bridge,  
Kickover off Panel Mat

Round Off off Panel Mat



619.449.7717  
www.cgcchamps.com

# 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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# INTERMEDIATE TUMBLING

Students in Intermediate Tumbling refine their basic tumbling skills and increase their strength and flexibility. Also, many enroll in this class specifically to learn back handsprings that they use in cheer and gymnastics floor routines.



Forward Dive Roll

Backward Roll to Pushup

Front Handspring/Front Handspring

Step Out

Standing Back Handspring

Round Off, Back Handspring

Cartwheel Swing Thru, Back  
Walkover

Cartwheel Step In, Back  
Handspring

Cartwheel, Back Walkover,  
Backward Roll

Cartwheel, Round Off  
Rebound, Backward Roll

Front Walkover, Cartwheel,  
Round Off



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# 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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# RECREATION CHEER

In this non-competitive cheer class, athletes will learn basic fundamentals of cheer. We will focus on arm motions, jumps, stunts, and cheer terminology. Athletes will learn 8-counts of proper motion techniques sequenced together creating a simple "routine."



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