

## Tumbling Progression Program

### Level 1

*Recommended classes for all: Hyperflex, Beginner Hyperflex/Stunt, Basket Toss, Jump Tech/Tumble*

#### White

- Forward roll/backward roll
- Seat roll
- Handstand/handstand snap down
- Cartwheel
- Bridge



Class: Beginner Tumble

#### Black

- Bridge kick over
- Handstand fall to bridge
- Round off
- Opposite cartwheel
- Backbend



Class: Beginner Tumble

#### Red

- Back walkover (multiples)
- Front walkover
- Beginner back handspring
- Back extension rolls



Classes: Back Walkover/  
Front Walkover, Beginner  
Back Handspring

### Level 2

*Recommended classes for all: Hyperflex, Beginner Hyperflex/Stunt, Basket Toss, Jump Tech/Tumble*

#### White

- Back handspring drills
- Running round off back handspring
- 1-handed cartwheel
- Max all level 1 skills



Class: Beginner  
Back Handspring

#### Black

- Front walkover round off back handspring
- Round off 2 back handsprings
- Alternate back handspring passes  
(steps out, forward roll to BHS)
- Back walkover back handspring



Classes: Advanced  
Back Handspring,  
Pass Plus 2

# Level 2 (cont.)

## Red

- Standing multiple back handsprings (*3 or more*)
- Multiple running round off back handsprings (*3 or more*)
- Prep for tucks
- Prep for punch fronts
- Front handspring

Classes: Advanced Back Handspring, Pass Plus 2, Beginner Tuck

# Level 3

Recommended classes for all: Hyperflex, Beginner Hyperflex/Stunt, Basket Toss, Jump Tech/Tumble

## White

- Round back handspring tuck
- Standing multiple back handsprings (*3 or more*)
- Toe touch back handspring
- Round off tuck
- Punch front forward roll

Class: Standing/Running to Tuck

## Black

- Front walkover round off back handspring
- Punch front stick
- Toe touch back handspring multiples (*3 or more*)

Class: Pass Plus 3

## Red

- Alternate passes (*standing and running*)
- Prep for standing tuck
- Prep for standing back handspring tuck
- Prep for layout

Classes: Pass Plus 3, Standing/Running to Layout, Standing Tuck

# Level 4

Recommended classes for all: Hyperflex, Beginner Hyperflex/Stunt, Basket Toss, Jump Tech/Tumble

## White

- Round off back handspring layout
- Standing tuck
- Standing back handspring (2) to tuck

Classes: Standing/Running to Layout, Standing Tuck

## Black

- Specialty to layout (*punch fronts or whips*)
  - Toe touch back handspring tuck
  - Standing back handspring (2) to layout
- Classes: Standing/Running to Layout – Pass Plus 4

Classes: Standing/Running to Layout, Pass Plus 4

# Level 4 (cont.)

## Red

- Bounding skills (*whips*)
- Front hand spring punch front (*optional*)
- Prep for fulls
- Specialty standing pass
- T-jump tucks
- Toe to layout
- Multiple jumps to back handspring tuck



Classes: Pass Plus 4,  
Beginner Full

# Level 5

Recommended classes for all: *Hyperflex, Beginner Hyperflex/Stunt, Basket Toss, Jump Tech/Tumble*

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## White

- Round off back handspring full
- Standing 2 back handsprings to full
- Jumps to tuck



Class: Standing/Running  
to Full/Double,  
Beginner Full

## Black

- Alternate pass to full
- Working running doubles
- Toe 2 back handsprings to full
- 1 back handspring to full
- Working standing full



Classes: Standing Full,  
Standing/Running to  
Full/Double, Pass Plus 5

## Red

- Running round off back handspring double full
- Alternate running pass to a double full
- Standing full
- Toe full
- Standing back handspring(s) to double full



Class: Pass Plus 5

## A Quick Look by Level and Skill

### Level 1

Beginning Tumbling  
Backwalkover/Front Walkover

### Level 2

Beginner Back handspring  
Advanced Back handspring  
Pass Plus 2  
Beginner Tuck

### Level 3

Standing/Running to Tuck  
Pass Plus 3

### Level 4

Standing/Running to Layout  
Pass Plus 4  
Standing Tuck

### Level 5

Beginner Full  
Standing Full  
Standing/Running to Full/Double Full  
Pass Plus 5

### Flying

Beginner Hyperflex/Stunt  
Advanced Hyperflex/Stunt  
Basket Toss

### Stretching

Hyperflex

### Jumping

Jump Technique/Tumble

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## Tumbling Classes

### Level 1

#### Beginning Tumble (Level 1 White, Black and red)

The athlete will condition and learn body control as well as learn the correct technique for handstands, cartwheels, round offs, bridges, hand stand fall to bridge, back bends, and kick overs. *This is a beginner level class. No tumble experience required.*

#### Back Walkover/Front Walkover (Level 1 Red)

The athlete will focus on the back and front walkover. They will learn to connect the back bend with the kick over to perform the back walkover. They will also learn to connect the handstand fall to bridge to perform the front walkover. Once the athlete can do the back walkover, they will learn to connect it with another skill before or after it. *The athlete must be able to perform proper technique of all basics learned in the beginning tumble class.*

## Level 2

### **Beginner Back Handspring (Level 2 white)**

This class is for learning the back handspring. The athlete will learn the proper steps and technique through drills and being spotted on the floor with an instructor. *The athlete must be able to perform all basics with good technique as well as a back walkover before learning the back handspring.*

### **Advanced Back handspring (Level 2 Black and Red)**

This class is for perfecting the back handspring. The athlete will learn to connect the back handspring to the round off or more back handsprings. The athlete will get practice throwing the back handspring on the floor. *The athlete must be able to throw the back handspring without a spot before taking this class.*

### **Pass Plus 2 (Level 2 Black and Red)**

This class teaches all level 2 specialty passes. Skills the athletes will learn are back handspring step outs, back handspring half turn rebounds, and back walkover back handsprings. *The athlete must be able to perform running multiple back handsprings before taking this class.*

### **Beginner Tuck (Level 2 Red)**

This class will teach athletes how to tuck. The athlete will learn and work on drills to learn the proper form of the tuck. They will learn to throw the tuck on the floor with a spot. *Before taking this class, the athlete must be able to demonstrate perfect standing and running back handsprings.*

## Level 3

### **Standing/Running to Tuck (Level 3 White)**

This class will teach the athletes how to connect the tuck to the back handspring. It will teach proper set and tuck technique as well as learning to stick and stand the tuck. *The athlete must be able to demonstrate a perfect standing and running back handspring. As well as standing and running multiple back handsprings before taking this class.*

### **Pass Plus 3 (Level 3 Black and Red)**

The athlete will learn how to do specialty passes that end in a round off back handspring tuck. They will learn how to front walkover, punch front forward roll, punch front stick, round off half turn rebounds, and back handspring step outs through to tuck. *The athlete must be able to perform perfect standing multiple back handsprings and running back handsprings through to a tuck before taking this class.*

## Level 4

### **Standing/Running to Layout (Level 4 white, Black and Red)**

This class will focus on the technique of the layout. The athlete will learn drills to help learn the proper form of the layout. The athlete will practice doing the layout on the floor. *Before taking this class you must be able to perform perfect standing and running back handsprings to tuck.*

### **Standing Tuck (Level 4 White, Black and Red)**

This class will focus on building the leg and core muscle needed to complete a standing tuck. It will also focus on the set, pull, and stick and stand of the standing tuck. *Before taking this class, you must be able to complete a perfect back handspring through to tuck.*

## Level 4 (cont)

### **Pass Plus 4 (Level 4 Black and Red)**

This class will focus on specialty standing and running passes that end in a layout. Athletes will learn to tumble out of punch fronts, whips, and front hand springs. *Before taking this class you must be able to demonstrate perfect standing and running back handsprings through to a layout.*

## Level 5

### **Beginner Full (Level 4 Red and Level 5 White)**

This class will work on learning how to do the full. Athletes will learn work on drills that help their form of the full. Athletes will learn to throw their full on the floor with a spot. *Before taking this class, the athlete must be able to perform a perfect standing and running layout.*

### **Standing/Running Full/Double Full (Level 5 White, Black and Red)**

This class will work on perfecting the set and form for the full and double full as well as sticking and standing the skill. *Before taking this class, you must be able to perform perfect standing and running back handsprings through to layout.*

### **Pass Plus 5 (Level 5 Black and Red)**

This class will focus on all level specialty passes. The athlete will learn how to do whips, arabians, front hand spring punch fronts, and any other specialty pass through to a full or double full. *Before taking this class you must be able to demonstrate perfect standing and running back handsprings through to a layout as well as specialty passes from Pass Plus 4.*

### **Standing Full (Level 5 Black & Red)**

This class will focus on building the leg and core muscle needs to complete a standing full. It will also focus on the set, pull, and stick and stand of the standing full. *Before taking this class, you must be able to complete a perfect standing tuck.*

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# Skills Classes

## Stretch Classes

### Hyperflex (All)

This class focuses on stretching only. The athlete will learn proper technique for stretches they can do at home.

## Flying Classes

### Beginner Hyperflex/Stunt (All)

This is the beginner level flyer class. The athlete will learn the proper ways to stretch and will get advanced stretching from the instructor. The athlete will also learn the proper way to learn to pull all body positions on the ground and in the air as well as learning to balance. They will also learn the proper flying basics on instructors. The athlete will learn hang drills, preps, extensions, libs, body positions, cradles, and full downs. ***There is no experience required for this class.***

### Advanced Hyperflex/Stunt (All)

This is the advanced level flyer class. The athlete will learn the proper ways to stretch and will get advanced stretching from the instructor. The athlete will learn new skills to get into the air, like switch ups, full ups, double ups, etc. The athlete will also learn how to double down. ***The athlete must be able to demonstrate all basics and skills learned in the Beginner Hyperflex/Stunt class.***

### Basket Toss (All)

This class will consist of drills for flyers to learn how to properly fly a basket toss. The athlete will learn all types of baskets based on their flying experience and what level team they are on. ***There is no experience needed for this class.***

## Jump Classes

### Jump Tech/Tumble (All)

This athlete will spend time stretching and doing exercises that strengthen the muscles needed for jumps. They will learn the proper jump technique as well as learning to add a tumble skill connected to a jump or jump sequence. ***There is no experience required for this class.***