

Tumbling Levels

	Level 1	Level 2	Level 3	Level 4	Level 5
	No Experience Necessary	You Must have mastered Level 1 before moving onto Level 2	You must have mastered Level 2 before moving onto Level 3	You must have mastered Level 3 before moving onto Level 4	You must have mastered Level 4 before moving onto Level 5
Standing Tumbling	Lunge, Jump Technique, Proper Hand and Feet Placement for Handstands and Cartwheels, Forward Roll, Backward Roll, Bridge, Handstand, Front Walkover, Back Walkover, Back handspring Drills – Hollow Position, Block Drill, Wall Sit Drill	Back Handspring, Front Handspring, Back Walkover Back Handspring Series,	Toe Touch Back Handspring, Back Handspring Series, Front Handspring Series.	Back tuck, Toe Touch Back Handspring Back Tuck, Back Handspring Pike and Layouts, Series and Combinations	Toe Touch Tuck, Pike Front Tuck, Back Handspring Pike, Layout, Full, Double Full
Running Tumbling	Cartwheel, One Handed Cartwheel, Round off, Block Cartwheel, Block Round off, Cartwheel Back Walkover	Dive Rolls, Round off Back Handspring, Round off back Handspring Series, Front Handspring Front Walkover Round off Back Handspring.	Round off Back Tuck, Round off back Handspring Back Tuck, Punch Front, Front and Back Combinations	Aerials – Side and Front, Whips, Pikes, Layouts	Single Full, Double Full, Arabian and Elite skill combinations