

# Tumbling Level Guidelines

## **Intro. 1: Ages 3 – 5**

Intro. 1 is designed for athletes ages 3 – 5 who are new to tumbling. In this class, the students will focus on Forward & Backward Rolls, Headstand, Handstand, pushing up into a Backbend, Cartwheels (both legs), Backbend Kick-over, Round-offs, and Back Walkovers.

## **Intro. 2: Ages 3 – 9**

Intro. 2 is an option for athletes who are ages 3 – 9 who have some experience to tumbling. In this class, the students will work on Forward & Backward Rolls, Headstand, Handstand, pushing up into a Backbend, Cartwheels (both legs), Backbend Kick-over, Round-offs, and Back Walkovers

## **Beginning Tumbling: Ages 10+**

Beginning Tumbling is a class targeted for athletes who are new to tumbling and are ages 10 and up. This class is a perfect setting to work on skills needed before entering level 1. Skills focused on are Forward & Backward Rolls, Headstand, Handstand, pushing up into a Backbend, Cartwheels (both legs), Backbend Kick-over, Round-offs, and Back Walkovers.

## **Level 1**

\*Pre-req.: Forward & Backward rolls, Round off, Handstand, Right & Left Cartwheel, Back Walkover.\*

Athletes in Level 1 will begin working on Front Walkover, Standing Back Handspring, and Round-off Back Handspring.

## **Level 2**

\*Pre-req.: Front Walkover, Standing Back Handspring, and Round-off Back Handspring.\*

Level 2 classes will be focused on Standing Back Handspring series, Round-off Handspring series, Toe Touch Back Handspring, and Front Walkover connection to Back Handsprings.

## **Level 3**

\*Pre-req.: Standing Back Handspring series, Round-off Handspring series, Toe Touch Back Handspring.\*

Students in Level 3 will be working on Toe Touch to Back Handspring series, Standing Tuck, Round-off Back Handspring Tuck, Standing two Back Handsprings to Tuck, Standing Back Handspring Tuck, Front Tuck, and a level appropriate pass that ends in a tuck.

## **Level 4**

\*Pre-req.: Toe Touch to three Back Handsprings, Standing Tuck (with a light spot), Round-off Back Handspring Tuck, Standing two Back Handsprings to Tuck, Standing Back Handspring to Tuck, Front Tuck.\*

Level 4 athletes will begin working on working standing tuck, toe touch tuck, round off handspring layout, standing back handspring series to layout, front tuck / whip connections to layout, Rounds off and standing back handsprings to full.

## **Level 5**

\*Pre-req.: Standing Tuck, Toe Touch Tuck, Round-off Back Handspring Full, and Standing Back Handspring series to Layout.

Level 5 athletes will begin working on Round-off Back Handspring Double Full, Standing 2 Back Handsprings to Full, Toe Touch 2 Back Handsprings to Full, standing full, cartwheel full and specialty connections to Full.

## **Level 6**

\*Pre-req.: Round-off Back Handspring Full, Standing 2 Back Handsprings to Full, and Toe Touch 2 Back Handsprings to Full.\*

Students in Level 6 will be working double full, and standing and running specialty passes to full's and double full's.