

RED



This level of tumbling is for students who are ready to start true power tumbling. **Students are required to have a proficient standing back handspring and Round off back handspring.** This class will focus on synchronizing multiple repetitive back handspring skills and introduce connecting different types of power tumbling tricks into one tumbling pass.

★ **SKILLS FOCUSED ON**

- * Back handspring series
- * Front handspring variations, including tumbling out of
- * Front/Back Walkovers

★ **SKILLS INTRODUCED**

- * Whip backs
- * Aerials
- * Back tucks
- * Front tucks
- * Barani

SKILLS CHART TO COMPLETE

In order to move on to the next level the following skills must be passed off. Upon completion, student will receive a progress award.

★ **FLOOR SKILLS**

Roundoff back handspring series (3)
Front handspring step-out, RO, BHS
Front Walkover
Back Walkover
Round off Whip

★ **TUMBLTRAK SKILLS**

Standing back handspring series
Power Roundoff Whip, back handspring
Fly spring (no mailbox)
Front Tuck