

# BLACK

# STAR

This class develops the building blocks for multiple connected skills such as the roundoff, back handspring and the cartwheel series.

## ★ **SKILLS FOCUSED ON**

- \* Mastering all cartwheels
- \* Cartwheel Series
- \* Front and back kickovers,
- \* Handstand forward rolls
- \* Run cartwheel, cartwheel, roundoff rebound
- \* Run Roundoff rebounds

## ★ **SKILLS INTRODUCED**

- \* Standing back handspring
- \* Roundoff back handspring
- \* Front handsprings

## 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**

- \* One-hand cartwheel
- \* Scissor cartwheel
- \* Bad-side cartwheel
- \* Cartwheel Series
- \* Roundoff back handspring
- \* Standing back handspring
- \* Power roundoff, rebound
- \* Running cartwheel, cartwheel, roundoff
- \* Limber tick-tock (girls)
- \* Back bend from standing position (girls)
- \* Handstand forward rolls (boys)

## ★ **TUMBLTRAK SKILLS**

- Tuck Jumps down (with arms up in between)
- Fly spring with mailbox
- Standing back handspring
- Power roundoff, back handspring
- 7 progressive handstand snap-downs