

GOLD



STAR

This class incorporates multiple twists into flipping skills. Back handspring, tuck on the spring floor is required.

★ **SKILLS FOCUSED ON**

- * Back/Front Pikes
- * Layouts
- * Arabians
- * Single Twisting (front and back)
- * Standing Fulls

★ **SKILLS INTRODUCED**

- * Tumbling into/out of twists
- * Double back tucks
- * Double back full
- * Rudy (1.5 front twist)
- * Advanced combination passes

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**

- * Back handspring full twist
- * Front tuck step-out into full twist
- * Arabian into back handspring tuck
- * Combination pass with whips and fulls
- * Back handspring, back tuck, front tuck
- * Standing Full

★ **TUMBLTRAK SKILLS**

- * Double back full
- * Front Full
- * Double back tuck
- * Full combination pass
- * Advanced combination pass - both directions on the tramp