

# SILVER



## STAR

This level of tumbling is for students who have proficiency in the back handspring series. Students will learn to integrate bounding skills (such as whips) and transitioning skills into their tumbling (such as front handspring/Front tuck step outs) into a series of connected tumbling skills.

### ★ **SKILLS FOCUSED ON**

- \* Whip backs
- \* Back/Front tucks
- \* Aerials
- \* Front/Back Walkover passes

### ★ **SKILLS INTRODUCED**

- \* Back/Front Pikes
- \* Layouts
- \* Valdez
- \* Arabians
- \* Twisting (front and back)

## 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**

- \* Round off, Whip, back handspring
- \* Back handspring tuck
- \* Aerial/Front Tuck (boys)
- \* Valdez/Back extension roll (boys)
- \* Standing back tuck
- \* Front tuck/Front handspring step-out pass  
(create own)

### ★ **TUMBLTRAK SKILLS**

- \* Standing back handspring tuck
- \* Power Roundoff Whips (2)
- \* Barani
- \* Back handspring Layout
- \* Arabian