

WHITE

STAR

This level of tumbling is intended for students who are beginning to develop their understanding of basic tumbling techniques. We will continue to develop body awareness, muscle control and flexibility while introducing the first most basic tumbling skills.

★ **SKILLS FOCUSED ON**

- * Forward/Back roll
- * Cartwheels
- * Handstands
- * Backbends

★ **SKILLS INTRODUCED**

- * One-hand, scissor, and bad side cartwheels
- * Roundoffs
- * Front/Back limbers
- * Handstand forward rolls
- * Drills for back 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**

- * Handstand from lunge - end in lunge (arms up)
- * Backbend for 10 seconds
- * Back roll down wedge
- * Forward roll on floor
- * Forward Straddle Roll
- * Proficient Cartwheel
- * Running (hurdle) cartwheel
- * 123-fly backs (hollow body)
- * Back handspring over tumbler
- * Round off (basic motion over red mat)

★ **TUMBLTRAK SKILLS**

- * Rebounds (backward pencil) with tight body
- * X jumps –all the way down & dismount
- * Tuck jumps (arms up not required)
- * 12 consecutive frog jumps
- * 3 pike jumps to handstand on mailbox
- * 5 handstand snaps down in a row (not required to move)