

INTERMEDIATE TUMBLING

Round-Off Basics

- Hurdle, Round-off to knees (Proper C-shape)
- Hurdle, Round-off rebound (from panel blocks over mailbox)
- Hurdle, Round-off rebound
- Power Hurdle, round-off rebound (on the floor)
- Hurdle, Round-Off, Fall (turned over, with a good ending that's standing up, w/ squared hips & looking forward)

Back Handspring Drills

- Handstand lower to "C"-shape (on ground)
- Handstand, Snap Down, Rebound
- Bridge kick-over (off mat or floor)
- Bridge jump to handstand, lower to "C"-shape (on ground)
- Leg extension push (with cheese) to "C"-Shape
- Back Jump (up to the pit)
- Hurdle, Round-Off, Back Jump (pillow)
- Hurdle Round-Off, Back Jump (pit)

Intro to Front Tumbling

- Handstand bridge
- Front limber (off panel or floor)
- Tic-Tok
- Front walkover (off panel or floor)

Back Handspring Work

- BHS over boulder, spotted to "C" Shape
- BHS over boulder, independent to "C" shape
- BHS Over Boulder independent to standing "C"-shape
- BHS Spotted, on edge of Tumble Trak or with a board to a standing "C"-shape
- BHS, Spotted, Down Cheese Mat or on 8" Mat to a standing "C"-shape

