

INTERMEDIATE TUMBLING

Cartwheel Basics

- Cartwheel Step-In (up to a mat)
- Hurdle, Cartwheel Step-In (up to a mat)
- Hurdle, Round-Off to Knees

Round-Off Basics

- Hurdle, Round-Off, Fall (turned over, with a good ending that's standing up, w/ squared hips & looking forward)
- Hurdle, Round-Off, Back Jump (pillow)
- Hurdle Round-Off, Back Jump (pit)
- Hurdle, RO, BHS on Boulder
- Hurdle, RO, BHS - Spotted (on tumble track or 8" mat)

Back Handspring Work

- Handstand, Snap Down, Rebound
- BHS Over Boulder to "C" Shape
- BHS Over Boulder on Ground (to feet)
- BHS Spotted, on edge of Tumble Trak
- BHS, Spotted, Down Cheese Mat or on 8" Mat

