

BEGINNING TUMBLING

Basics

- Forward roll
- Backward roll
- Walk up handstand, forward roll out

Handstand Development

- Open handstand
- Kick up to handstand on the wall (10 second hold, lunge out)
- Handstand

Shoulder Strength & Flexibility

- Straight arm bridge
- Bridge jump (5 times)
- Bridge kick-over (on trapezoid)

Shapes to Know

- Standing "C"-shape
- "C"-shape on knees
- "C"-shape on hands & feet
- Upside down "C"-shape (arch)

Main Skill

- Cartwheel, lunge to lunge
- Cartwheel, snap up and step-in
- Cartwheel, up to panel mat
- Hurdle, cartwheel (land in a solid lunge)
- Cartwheel snap-up and step-in (up to a mat)
- Hurdle, cartwheel (land in proper lunge, up to a panel mat)
- Hurdle, Cartwheel snap-up and step-in (up to a mat)

Back Jump Drills

- Back jump up to fold up panel (arms by ears)
- Back jump up to fold up (with arm swing up to ears)
- Back jump (to pit / may use board)

