

# BEGINNING TUMBLING

## Basics

- Forward Roll
- Backward Roll
- Open Handstand
- Handstand on the wall (10 seconds, lunge out)

## Main Skill

- Handstand
- Cartwheel, Lunge to Lunge
- Cartwheel, up to panel mat
- Hurdle, Cartwheel

## Bridge Work

- Straight Arm Bridge
- Bridge Jump (5 times)
- Bridge Kickover (on trapezoid)
- Bridge Jump, pass through handstand to "C" shape

## Back Handspring Prep Work

- Back Jump (no arms)
- Back Jump (with arms)
- Handstand Lower to "C" shape (on ground)
- Back Jump (to pit / may use board)

## Shapes to Know

- Standing "C" shape
- "C" shape on Knees
- "C" shape on Hands & Feet
- Upside down "C" shape (arch)

