

ADVANCED TUMBLING 1

Back Handspring Work

- Back Handspring over Boulder
- Back Handspring (down cheese, on own)
- Back Handspring (on Tumble Trak, on own)
- Back Handspring (on 8" mat, spotted)
- Back Handspring (on 8" mat, on own)
- Back Handspring (on 4" mat, on own)

Round-Off, Back Handspring Work

- Hurdle, Round-off, Back Handspring (on boulder, to feet)
- Hurdle, Round-off, Back Handspring on Tumble Trak
- Hurdle, Round-off, Back Handspring (on 8" mat, with coach)
- Hurdle, Round-off, Back Handspring (on 8" mat, on own)
- Hurdle, Round-off, Back Handspring (on 4" with coach)
- Hurdle, Round-off, Back Handspring (on 4" mat, on own)

Bonus Drill

- Standing Back-Tuck Drill

