

ADVANCED TUMBLING 3

Front Tumbling Goals

- Front walkover, cartwheel or round-off
- Front handspring forward roll (onto 8" or 4")
- Front Handspring step-out to cartwheel or round-off
- Front tuck run drill with arms by ears
- Front tuck step-out to round-off (add BHS)
- Front tuck step-out to round-off multiple BHS
- Front tuck step-out round-off BHS back tuck

Fundamentals to Learn Twisting

- First half of Twist on open pit or TT
- Full twist into pit or TT
- 1/2 full twist onto 8" mat
- Full twist onto 8" mat
- Full twist onto 4" mat
- Full twist on thr ground

Fundamentals to Learn a Layout

- Candlestick hold (5 seconds)
- Floor drill- Straight body "SET" to Candlestick
- Candlestick hold on bar or rings (with coach support)
- Round-off BHS set candlestick to cheese (elevated on end of TT)

Layout Goals

- Round-off BHS back layout (on TT with spot)
- Round-off BHS back layout (on TT independent)
- Round-off BHS layout (with spot) onto a safe landing mat

