

ADVANCED TUMBLING 1

Prerequisites

- Front Limber
- Cartwheel Step-in
- Hurdle, round-off with Rebound
- Backhandspring over the boulder (independent)

Back Handspring Work

- Back Handspring (down cheese, independent)
- Back Handspring (on 8" mat, spotted) to "C"-shape
- Back Handspring (on 8" mat, independent) to "C"-shape and Standing "C"-shape
- Back Handspring (on 4" mat, spotted) to "C"-shape
- Back Handspring (on 4" mat, independent) to "C"-shape and Standing "C"-shape

Round-Off, Back Handspring Work

- Hurdle, Round-off, Back Handspring (spotted on boulder) to standing "C"-shape
- Hurdle, Round-off, Back Handspring (on 8" mat, spotted) to standing "C"-shape
- Hurdle, Round-off, Back Handspring (on 8" mat, independent) to standing "C"-shape
- Hurdle, Round-off, Back Handspring (on 4" spotted) to standing "C"-shape
- Hurdle, Round-off, Back Handspring (on 4" mat, independent) to standing "C"-shape

Back Tuck Drills

- Floor Drill- Straight body, "SET" (tuck knees up to chest drill)
- Leg Extension drill on cheese, add in tuck up
- Back Tuck Roll down cheese (elevated)
- Standing straight jump, to a tuck up and roll down wedge (elevated)

Front Tumbling

- Front handspring (over boulder-independent)
- Front handspring (over 8" mat-independent)
- Principles of a front tuck (to cloud)

