

ADVANCED TUMBLING 2

Prerequisites

- Standing Back Handspring (on 4")
- Round-Off, Back Handspring (on your own)
- Standing Back Tuck Work
- Front Handspring

Back Handspring Goals

- Standing Back handspring (on floor-independent)
- Multiple Standing Back handsprings (independent)
- Standing Back handspring(s) straight jump up (to 2-8" on TT)
- Round-off, multiple back handsprings (independent)

Standing Back Tuck Goals

- Standing tuck off medium block onto 8" mat (independent)
- Standing Tuck off Trapezoid to 4" mat (independent)
- Standing tuck off fold-up mat to sting mat (independent)
- Standing tuck on open fold-up to sting mat or floor (independent)
- Standing tuck on the floor (independent)

Front Tumbling Goals

- Front handspring onto 4" (independent)
- Front tuck (on edge of TT) spotted and independent
- Front tuck onto 8" independent
- Front tuck onto 4" independent
- Front tuck

Connecting Back Handspring to Tuck

- Standing BHS set to tuck up roll down cheese (elevated)
- Standing BHS (or multiple BHS) back tuck on TT (spotted and independent)
- Standing BHS back tuck on 4" (spotted and independent)
- Round-off BHS back tuck on TT (spotted and independent)
- Round-off BHS back tuck on 4" mat (spotted and independent)

Step- Out Development

- Forward roll, stand up, step out to lunge cartwheel
- Handstand forward roll or dive roll, step out to cartwheel
- Punch forward roll onto medium block, step-out (off block) to a cartwheel
- Tuck jump from a trapezoid, step out to a cartwheel
- Tuck jump from a trapezoid, step out to a round-off

