

ADVANCED TUMBLING 1

Back-Handspring Work

- BHS Over Boulder (to feet)
- BHS (down cheese, on own)
- BHS (on Tumble Track, on own)
- BHS (on 8" mat, spotted)
- BHS (on 8" mat, on own)
- BHS (on 4" mat, on own)

Round-Off, Back-Handspring Work

- Hurdle, RO, BHS (on boulder, to feet)
- Hurdle, RO, BHS on Tumble Track
- Hurdle, RO, BHS (on 8" mat, with coach)
- Hurdle, RO, BHS (on 8" mat, on own)
- Hurdle, RO, BHS (on 4" mat, with coach)
- Hurdle, RO, BHS (on 4" mat, on own)

Bonus Drill

- Standing Back-Tuck Drill

