

Name: ,

DOB:

Tumble: Beginner 1

Fav. Side _____
Twisting _____

Special Needs:

Beginner 1	
Handstands, Bridges, Cartwheels, Roundoffs	
Floor (8/10)	
* Backward Roll	29-Sep-17
* BHS Over Boulder of Appropriate Size	29-Sep-17
* Bridge	29-Sep-17
* Cartwheel	29-Sep-17
Forward Roll	
* HS, 1 sec with Lever	29-Sep-17
* Handstand Roll	29-Sep-17
Handstand Whipdown	
* Roundoff, Running	29-Sep-17
Roundoff, Standing	
Tramp (5/7)	
* Back Drop	29-Sep-17
* Belly Drop	29-Sep-17
Doggy Drop	
Jump to Freeze	
Knee Drop	29-Sep-17
* Knee To Handstand	
Seat Drop	
TumbiTrak (4/6)	
Jump, Jump, Full Tum	29-Sep-17
Pike Jumps	29-Sep-17
Ski Jumps	
Straddle Jumps	29-Sep-17
Straight Jumps	
Tuck Jumps	

Beginner 2	
Standing Back Handsprings	
Floor (3/3)	
Handstand, 3 sec hold	
* Power Hurdle RO	
* Standing BHS	
Tramp (3/4)	
Back Ballout	
* Back Handspring	
* BHS, Bouncing	
Swivel Hip	
TumbiTrak (2/2)	
* BHS off TumbiTrak	
* RO + BHS (slight pause permitted)	

Intermediate	
Roundoff BHS + Back Tucks	
Floor (2/4)	
RO + BHS	
RO + BHS + BHS	
* RO + BHS + Tuck	
* Standing BHS + BHS	
Tramp (2/3)	
* Back flip w/ arms up	
Back tuck with arm circle, arms proper set	
* Pike w/ proper set	
TumbiTrak (3/4)	
Back Tuck (off TT)	
Roundoff + BHS + BHS	
* Standing Back Tuck	
* Standing BHS BHS Tuck	

Advanced	
Layouts + Standing Tucks	
Floor, Running (1/2)	
* RO + BHS + Layout	
RO + BHS + Pike w/ Hands Between Knees + Ankles	
Floor, Standing (2/2)	
* Standing Tuck	
* BHS + BHS + Tuck	
Tramp (2/3)	
* 1/2 with arms up	
Layout	
* Layout + Layout	
TumbiTrak (3/3)	
* 4 BHS in less than 2.7 sec.	
Layout (off TT)	
* Standing BHS + BHS + Layout	

Expert	
Fulls + Whips	
Floor, Running (3/3)	
1/2	
* 1/1	
* Whip thru to Tuck	
Floor, Standing (2/2)	
* BHS + BHS + Layout	
* Tuck on 8" mat	
Tramp (3/3)	
1/1	
* 1/1 + Layout	
3/2	
TumbiTrak (5/6)	
* 1/2 with arms up	
* 1/1 (off TT)	
Standing BHS + BHS + 1/1	
Whip + BHS	
Whip + Layout	
Whip thru 1/1	

Master	
Floor, Running (8/10)	
1/2 Stepout	
1/1 + Whip	
3/2	
2/1	
Arabian	
Back tuck + Front tuck	
Specialty thru 1/1	
Specialty thru 2/1	
Whip + 1/1	
Whip + 2/1	
Whip + Whip	
Standing (6/8)	
Arabian	
BHS + BHS + 1/1	
BHS + BHS + 2/1	
Standing Full	
Toe Touch + Full	
Whip + Layout	
Whip thru 1/1	
Whip thru 2/1	
Tramp	
1/1 + Front	
3/2 + Front	
2/1	
3/1	
TumbiTrak	
1/1 + Whip	
3/2	
2/1	
Back Tuck + Front Tuck	
Whip + 1/1	
Whip + 2/1	
Whip + Arabian	
Whip + Whip	

Running Tumbling - Floor must be from 3 steps and hurdle or less. TumbiTrak from power hurdle.
Standing Tumbling - Non-twisting skills are not permitted to step. Skills with a twist may take no more than one step backwards.

Walkovers	
Basic	
Back Bend (Fall back into bridge)	
Bridge, Hop on one leg 3 times	
Bridge, Nose + Wrist against wall	
Handstand fall into bridge	
Kickover Down Cheese	
Main Skills	
Back Bend Kickover	
* Back Walkover	
Front Limber	
* Front WO, Running	
* Tick-Tock	
Bonus Skills	
Back Limber	
Cartwheel + Back Walkover	
Back Walkover with Leg Up	

Front Tumbling	
Floor	
Dive Roll	
* Dive roll, Chest Height	
Front handspring	
* FHS step out	
Front tuck	
* Front tuck step out	
Tramp	
Bounder	
Front Flip	
Knee Drop Front Flip	
TumbiTrak	
Front handspring	
FHS Step Out	
Front tuck	
Front tuck step out	