

## Course Objectives:

The athlete will focus on the round off, back handspring, double full, a standing full, front tumbling passes and bounding skills. The athlete will gain experience with the most elite level tumbling skills. The athlete will learn to perform all skills in synchronization to counts.

## Course Requirements:

*\*Necessary Skills to Advance*

- |   |                          |
|---|--------------------------|
| 1. A round-off back handspring layout double full     | Skill Mastered On: _____ |
| 2. Standing back handsprings full and double full     | Skill Mastered On: _____ |
| 3. A standing full                                    | Skill Mastered On: _____ |
| 4. Multiple jumps to standing full                    | Skill Mastered On: _____ |
| 5. A front handspring front tuck through to round off | Skill Mastered On: _____ |
| 6. Bounding skills                                    | Skill Mastered On: _____ |
| 7. Advanced combination passes                        | Skill Mastered On: _____ |

## At Home:

To help maximize the class experience it is helpful to practice some skills at home:

### FITNESS & STRENGTH

- Prone Holds, 60s
- Stand On One Leg, Eyes Closed, 30s
- Squats, 30
- Jump Rope
- Running
- Zig Zag Punches
- Squat To Toes
- Pushups
- Calf Raises, 30

### POSITIONING & FLEXIBILITY

- Superman
- Hollow Hold
- Right, Left, Center Split

**Congratulations!**  
**You have completed**  
**all of the levels!**

