

CLASS TIME: 55 MIN

Name: _____

Course Objectives:

The athlete will begin to work on form and execution of skills learns in Intro to Tumbling and also be introduced to more Fundamental Tumbling skills that will set an excellent foundation for future tumbling.

Course Requirements:

**Necessary Skills to Advance*

1. Lunge to handstand, 4 sec. *	Skill Mastered On: _____
2. Back walkover, bridge kickover *	Skill Mastered On: _____
3. Front walkover *	Skill Mastered On: _____
4. Handstand bridge *	Skill Mastered On: _____
5. Handstand forward roll with assistance *	Skill Mastered On: _____
6. Round-off jump back into pit *	Skill Mastered On: _____
7. Steps to a back handspring *	Skill Mastered On: _____
8. Front limbers	Skill Mastered On: _____
9. Jump to forward, backward roll	Skill Mastered On: _____
10. Jump to front, back walkover	Skill Mastered On: _____

At Home:

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

FITNESS & STRENGTH

- Prone Holds
- Tuck Jumps
- Squats
- Punches
- Calf Raises

POSITIONING & FLEXIBILITY

- Superman
- Hollow Hold
- Pike, Saddle, Tuck Sit

Next Level: Tumble 100

