

Course Objectives:

The athlete will successfully master the cartwheel, round-off, handstand, and backbend. The athlete will begin skills that will help the body develop to be a strong tumbler and cheerleader. The athlete will be able to perform all skills in synchronization to counts.

Course Requirements:

**Necessary Skills to Advance*

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| 1. A candlestick to the upright position without using hands * | Skill Mastered On: _____ |
| 2. A forward roll, tuck and straddle positions * | Skill Mastered On: _____ |
| 3. A backward roll on cheese, tuck and straddle positions * | Skill Mastered On: _____ |
| 4. Lunge to arabesque to handstand * | Skill Mastered On: _____ |
| 5. A cartwheel with straight legs * | Skill Mastered On: _____ |
| 6. A round-off with straight legs into a hollow position * | Skill Mastered On: _____ |
| 7. Push up to bridge * | Skill Mastered On: _____ |
| 8. Bridge from standing - hold for 10 seconds | Skill Mastered On: _____ |
| 9. Handstand control to bridge with spot | Skill Mastered On: _____ |
| 10. Tuck, pike, straddle jumps | 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: FUNdamental Tumbling

