

## Course Objectives:

The athlete will successfully master the round off back handspring layout, a standing back handspring and tuck, and a standing back tuck. The athlete will begin an introduction to advanced combination passes. The athlete will begin skills that will help their bodies 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*

1. A round-off back handspring layout, from 2 step and power hurdle approach *	Skill Mastered On: _____
2. Two back handsprings layout *	Skill Mastered On: _____
3. Standing back tuck *	Skill Mastered On: _____
4. Punch front through to round-off *	Skill Mastered On: _____
5. A front handspring front tuck	Skill Mastered On: _____
6. Whip through pass, after completion of technically sound layout	Skill Mastered On: _____
7. Jump to standing back tuck	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

## Next Level: Tumble 500

