

CLASS TIME: 55 MIN

Name: _____

Course Objectives:

The athlete will successfully master the round-off back handspring layout/full and the standing handsprings to a layout/full. The athlete will begin bounding skills and advanced combination passes.

Course Requirements:

**Necessary Skills to Advance*

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|---|--------------------------|
| 1. A round-off back handspring layout full
(from 2 step and power hurdle approach) | Skill Mastered On: _____ |
| 2. Standing back handsprings layout and full | Skill Mastered On: _____ |
| 3. A front handspring front tuck | Skill Mastered On: _____ |
| 4. Bounding skills | Skill Mastered On: _____ |
| 5. Advanced combination passes | Skill Mastered On: _____ |
| 6. Multiple jumps 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: Elite Tumbling

