

# TUMBLING

## PRIMARY

### STANDING TUMBLING SKILLS

Forward roll - Straddle roll - Handstand  
 Handstand forward roll - Front walkover  
 Cartwheel - Backward roll - Back extension roll  
 Push up to backbend - Standing backbend  
 Backbend kickover - Back walkover

### RUNNING TUMBLING SKILLS

Cartwheel - Round off - Front walkover  
 Cartwheel front walkover - Front walkover to cartwheel/ round off

## PLUS

### STANDING TUMBLING SKILLS

Single handspring - Back walkover/Back handspring  
 Single handspring stepout

### RUNNING TUMBLING SKILLS

Cartwheel handspring  
 Roundoff back handspring  
 Front walkover - Round off back handspring  
 Round off back tuck

## PREMIER

### STANDING TUMBLING SKILLS (includes but not limited to)

Series handspring  
 Jump handspring  
 Jump handspring series  
 Back handspring step out - Back handspring series  
 Back handspring tuck

### RUNNING TUMBLING SKILLS (includes but not limited to)

Cartwheel handspring series  
 Round off back handspring series  
 Round off backhandspring series to tuck  
 Punch front - Punch front series to tuck

## PLATINUM

### STANDING TUMBLING SKILLS

Standing tuck - Standing full  
 Standing Back handspring tuck  
 Jump to tuck  
 Jump Back handspring tuck, whip, layout  
 Back handspring series tuck, whip, layout, full  
 Back handspring series full or whip through to full

### RUNNING TUMBLING SKILLS

Cartwheel step - in tuck  
 Cartwheel or Round off to layout or full  
 Round off back handspring layout or full  
 Front walkover/ punch front step out through to layout or full  
 Whip through to full

# LEVEL APPROPRIATE EXAMPLES STUNT/TOSSES

## STUNTS/TOSSES PRIMARY

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE	NON TWISTING TOSSES	TWISTING TOSSES
LEVEL APPROPRIATE	*None	*None	*Quarter turn to gut level	*Sponge *Step Down	*Shoulder Sit *Straddle Sit *Elevator *Waist Level *Single leg gutt level		
ELITE LEVEL APPROPRIATE	*Ground level inversion	*Switch up to waist level single leg *Tic Toc waist level	*Half turn to gut level single leg *Half turn to prep *Half turn transitions	*Straight Cradle from prep	*Show and Go *Single leg prep level		

## PLUS

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE	NON TWISTING	TWISTING
LEVEL APPROPRIATE	*Ground level inversions	*Switch up to waist level single leg *Tic Toc waist level	*Half turn to gut level single leg *Half turn to prep *Half turn transition	*Straight cradle from prep *Straight cradle from shoulder level single leg	*Show and Go *Single leg prep level *Straight leg extension *Shoulder Stand	*Straight Ride	
ELITE LEVEL APPROPRIATE	*Inversion to prep level	*Shoulder level tic toc *Switch up shoulder level single leg *Release to prep level	*Half up extensions *Half twisting transition to prep level one leg or body position	*Straight cradle from extension	*two leg extension stunts *Half twist to prone *Single leg body positions		

## PREMIER

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE	NON TWISTING	TWISTING
LEVEL APPROPRIATE	* Inversion to prep level	* Shoulder level tic toc *Switch up shoulder level single leg.	* Half up extension * Half twisting transition to prep level one leg or body position	*Straight cradle from extension *Full cradle prep level *Coed pop down	*Half twist to prone *2 leg extension *Single leg body position	*Toe Touch, Ball Arch, Pretty Girl Arch, Kick Arch	*Full
ELITE LEVEL APPROPRIATE	*Suspended roll *Inversion to extension	* Tic toc prep level to body position * Ball up prep * Switch up prep level	*3/4 up to exit *Full up shoulder level * Quarter twisting to extension	* Full down extension *Straight cradle extension *Corkscrew prep level	*Prep level to prone *Double based extension *Shoulder level single man Coed toss stunt		

## PLATINUM

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE	NON TWISTING	TWISTING
LEVEL APPROPRIATE	*Suspended Roll *Inversion to extension	*Tic Toc prep level to body position *Ball up prep *Switch up prep level lib	*3/4 up to extension *Full up to prep *1/4 twisting extension on one leg	*Full down extension *Straight cradle from one leg *Corkscrew prep level	*Extension on single leg *Prep level to prone *Double base extension *Prep level singleman *Coed toss stunt	*Ball X, Toe Touch, Ball Arch, Pretty Girl Arch, Kick Arch	*Pike full *Kick Full
ELITE LEVEL APPROPRIATE	*Twisting suspension roll *Inversion to extension	*Switch up to extension to single leg *High to high *Half up to Switch up	*Half up to extension on single leg *Full up to extension *Full up to extension in body position	*Full down from extended single leg *Inverted dismount (pancake, corkscrew ext.)	*Coed Extension *Extended single man *Extended level to prone		

# LEVEL APPROPRIATE EXAMPLES STUNT/TOSSES

## PYRAMIDS PRIMARY

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
*BRACED INVERSIONS *PRIMARY AND PLUS LEVEL APPROPRIATE	*BRACED RELEASES *PRIMARY AND PLUS LEVEL APPROPRIATE	*BRACED TWISTING SKILLS PRIMARY AND PLUS LEVEL APPROPRIATE	*PRIMARY LEVEL APPROPRIATE AND ELITE	*BRACED STUNT SKILLS *PRIMARY AND PLUS LEVEL APPROPRIATE

## PLUS

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
*BRACED INVERSIONS *PLUS AND PREMIER LEVEL APPROPRIATE	*BRACED RELEASES *PLUS AND PREMIER LEVEL APPROPRIATE	*BRACED TWISTING SKILLS *PLUS AND PREMIER LEVEL APPROPRIATE	*PLUS LEVEL APPROPRIATE AND ELITE	*BRACED STUNT SKILLS *PLUS AND PREMIER LEVEL APPROPRIATE

## PREMIER

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
* BRACED INVERSIONS *PREMIER AND PLATINUM LEVEL APPROPRIATE	*BRACED RELEASES *PREMIER AND PLATINUM LEVEL APPROPRIATE	* BRACED TWISTING *SKILLS PREMIER AND PLATINUM LEVEL APPROPRIATE	*PREMIER LEVEL APPROPRIATE AND ELITE	*BRACED STUNT SKILLS *PREMIER AND PLATINUM LEVEL APPROPRIATE

## PLATINUM

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
*BRACED INVERSIONS *PLATINUM LEVEL APPROPRIATE AND ELITE	*BRACED RELEASES *PLATINUM LEVEL APPROPRIATE AND ELITE	*BRACED TWISTING *SKILLS PLATINUM LEVEL APPROPRIATE AND ELITE	*PLATINUM LEVEL APPROPRIATE AND ELITE	*BRACED PLATINUM LEVEL APPROPRIATE AND ELITE