



TUMBLING

LEVEL 1

FLOOR: (Start at end of floor against wall)

1. KICKOVER OFF 1 OR 2 PANEL MATS, FINISH IN LUNGE
2. JUMP 1/2 TURN
3. HANDSTAND, FINISH IN LUNGE
4. CARTWHEEL, FINISH IN LUNGE
5. BACKWARD ROLL TO STAND
6. TUCK JUMP, JUMP 1/2 TURN
7. STEP HURDLE OR RUNNING ROUND OFF

INGROUND TRAMPOLINE:

1. TUCK JUMP
2. STRADDLE JUMP
3. BACK DROP TO FEET

TUMBLE TRAK:

1. CARTWHEEL
2. ROUND OFF
3. TUCK JUMP

LEVEL 2

FLOOR:(Start in middle of floor Facing resi)

1. CARTWHEEL STEP TOGETHER
2. JUMP 1/1 TURN
3. HANDSTAND BRIDGE (LAY DOWN & ROCK UP TO STAND) OR FRONT LIMBER TO STAND
4. CARTWHEEL, STEP TOGETHER
5. BACKBEND KICKOVER
6. TUCK JUMP
7. ROUND-OFF TO SIT PUSH DRILL

INGROUND TRAMPOLINE

1. TUCK JUMP, STRADDLE JUMP, JUMP FULL TURN, STICK
2. BACK DROP PULLOVER TO FEET
3. BACK HANDSPRING (WITH OR WITHOUT SPOT)

TUMBLE TRAK

1. CARTWHEEL
2. STEP HURDLE OR RUNNING ROUND OFF
3. BACK HANDSPRING (WITH OR WITHOUT SPOT)