



TUMBLING

LEVEL 3

FLOOR: (facing the wall)

1. BACK WALKOVER FACING WALL, FINISH IN LUNGE
2. JUMP 1/2 TURN
3. FRONT LIMBER TO STAND OR FRONT WALKOVER
4. HANDSTAND ROLL
5. CARTWHEEL, FINISH IN LUNGE
6. BACKWARD ROLL TO STAND
7. RUNNING ROUND OFF REBOUND
8. STANDING BACK HANDSPRING (WITH OR WITHOUT SPOT)

INGROUND TRAMPOLINE:

1. BACK HANDSPRING
2. FRONT HANDSPRING
3. FRONT TUCK (WITH OR WITHOUT SPOT)

TUMBLE TRAK

1. BACK HANDSPRING
2. FRONT HANDSPRING
3. ROUND OFF, BACK HANDSPRING (WITH OR WITHOUT SPOT)

LEVEL 4

FLOOR:

1. HANDSTAND ROLL TO STEP OUT
2. CARTWHEEL, FINISH IN LUNGE
3. 2 STANDING OR CONNECTED BACK HANDSPRINGS
4. FRONT HANDSPRING OR FRONT TUCK
5. STEP INTO CORNER AND TURN AROUND
6. ROUND OFF, BACK HANDSPRING
7. BACK HANDSPRING OR TUCK

INGROUND TRAMPOLINE:

1. STANDING BACK TUCK
2. 3 JUMPS, FRONT TUCK
3. HANDSTAND, SNAP DOWN BACK HANDSPRING OR BACK TUCK

TUMBLE TRAK:

1. 2 CONNECTED BACK HANDSPRINGS
2. ROUND OFF, BACK HANDSPRING
3. FRONT TUCK ON DISMOUNT MAT