

Prep/Novice

Beginner

No experience needed

TUMBLING:

- FORWARD ROLL
- BACKWARD ROLL
- CARTWHEEL
- ROUND OFF
- BACKBEND



Prep/Novice

Intermediate

TUMBLING:

- HANDSTAND FORWARD ROLL
- FRONT LIMBER
- BWO



Prep/Novice

Advance

TUMBLING:

- BACK EXTENSION ROLL
- FRONT WALKOVER
- 3 BWO'S
- VALDEZ



Elite Level 1

STANDING TUMBLING:

- VALDEZ BWO
- 3 BWO
- BACKWARD ROLL- BWO
SWITCH LEG

RUNNING TUMBLING:

- CW 2 BWO
- FWO CW BWO
- ROUND-OFF BWO-BWO
SWITCH LEG



Elite Level 2

Prep 2, Elite 2, & Elite 4.2

STANDING TUMBLING:

- BWO BHS
- BACK EXTENSION ROLL - BHS
- BHS STEPOUT- BWO- BHS
- BWO- BHS STEPOUT- BWO

RUNNING TUMBLING:

- R/O- 2 BHS
- FWO- R/O BHS
- R/O- BHS S/O - BWO- BHS



Elite Level 3

STANDING TUMBLING:

- BHS-BHS-BHS
- BWO-BHS-BHS
- BHS S/O BHS-BHS
- BHS S/O BWO- BHS-BHS

RUNNING TUMBLING:

- FRONT TUCK
- FWO-AERIAL
- FWO-R/O-BHS-TUCK
- R/O-BHS-BOUND 1/2 TURN-
R/O-BHS-TUCK



Elite Level 4

STANDING TUMBLING:

- STANDING TUCK OR BWO-TUCK
- JUMP- BHS-TUCK
- BHS S/O TUCK

RUNNING TUMBLING:

- R/O BHS LAYOUT
- R/O WHIP TUCK
- R/O WHIP TO LAYOUT
- FRONT THROUGH TO LAYOUT
- FWO THROUGH TO LAYOUT



Elite Level 5

STANDING TUMBLING:

- JUMP TUCK
- JUMP BHS-BHS-LAYOUT
- BHS-BHS-WHIP-LAYOUT
- BHS-WHIP TO LAYOUT

RUNNING TUMBLING:

- R/O- ARABIAN
- R/O-BHS-FULL
- FRONT THROUGH TO FULL
- R/O-WHIP TO FULL
- FWO THROUGH TO FULL



Elite Level 6

STANDING TUMBLING:

- JUMP-BHS-BHS-FULL
- BHS-FULL OR STANDING FULL
- BHS SERIES TO DOUBLE
- BHS SERIES TO WHIP DOUBLE

RUNNING TUMBLING:

- R/O-BHS-DOUBLE
- FRONT THROUGH TO FULL/DOUBLE
- R/O WHIP TO FULL/DOUBLE
- R/O-WHIP-FULL/DOUBLE
- ARABIAN TO FULL/DOUBLE



Jumps

PREP/ NOVICE

- TOE TOUCH
- PIKE

ELITE TEAMS

- TOE TOUCH
- RIGHT HURDLER
- LEFT HURDLER
- PIKE

