

TUMBLING

PROGRESSION CHART

ROOKIE

Body Positions:

Stand Tall, Lunge, Candle Stick, Hollow Hold, Plank, Tuck, Pike

- 90° leg holds
- Lever into lunge
- Forward Roll (FWDR)
- Backward Roll (BWDR)
- Bridge
- Intro to Handstand
- Intro to Cartwheel (CW)
- Bridge Crawl

BEGINNER

Prerequisites:

Right and Left Split, Handstand, Standing 90° Leg Hold, 90° Bridge Leg Lifts on each leg

- Front Limber
- Back Limber
- Front Walkover (FWO)
- Back Walkover (BWO)
- Front Walkover to Cartwheel (FWO/CW)
- Cartwheel to Back Walkover (CW/BWO)
- Multiple BWO's & FWO's
- Front Walkover, Cartwheel, Back Walkover
- Round Off (RO) Rebound

NOVICE

Prerequisites:

Bridge Crawl, Forward & Backward Rolls, Handstand, Cartwheel Basics

- Power Hurdle Approach
- Handstand
- Cartwheel (Left & Right)
- Handstand to Bridge
- Bridge Back
- Bridge Kick Over
- Right, Left, and Middle Splits

INTERMEDIATE

Prerequisites:

Handstand Hold, Front Walkover, Back Walkover, Front & Back Limber, and Round Off

- Running Front Handspring (FHS)
- Standing Back Handspring (BHS)
- Back Extension Roll
- Front Handspring Connection
- Back Handspring Series
- 2 Step Approach to Round Off
- Round Off Handspring Series
- Aerial Cartwheel / Barani



Skill Level Progression Tumbling Trampoline

SJ Ball



Skill Level Progression Tumbling Trampoline:

Enjoying the Tune of Appearance: An Mental Symphony within **Skill Level Progression Tumbling Trampoline**

In some sort of taken by screens and the ceaseless chatter of immediate connection, the melodic beauty and emotional symphony produced by the prepared term frequently disappear in to the backdrop, eclipsed by the relentless sound and distractions that permeate our lives. However, nestled within the pages of **Skill Level Progression Tumbling Trampoline** a charming literary treasure brimming with natural feelings, lies an immersive symphony waiting to be embraced. Crafted by an outstanding musician of language, this captivating masterpiece conducts viewers on a mental trip, well unraveling the hidden songs and profound impact resonating within each carefully constructed phrase. Within the depths of this moving evaluation, we shall investigate the book is key harmonies, analyze their enthralling publishing design, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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