

Tumble Skilled (required to Skills to advance to Ace)

___ Dive Roll 8"

___ Dive Roll

___ Dive Roll Layout

___ Back Extension

___ Practice Splits

___ T into Handstand (hold 10 sec)

___ T into Handstand Walk 10 steps

___ Handstand Pirouette ½

___ T into Handstand to Front Limber

___ Kneel Cartwheel Lift

___ Hurdle Round Off

___ 5 Run into Hurdle Round Off

___ Front Walkover

___ Front Handspring

___ Fly Spring

___ Round Off 2 Back Handsprings

___ Round Off 3 Back Handsprings

___ Standing Back Tuck

___ Standing Front Tuck off S. Board

___ Round Off Tuck

___ Aerial Drills

___ Illusion ½

___ Toe Touch ___ Wolf Jump ___ Leap

___ Switch Leap