

Tumble Novice (required to skills to advance to Prentice)

___ Forward-Straddle-Pike Roll Stretch Jump

___ Standing Dive Roll

___ Roll Back To Candle Stretch Jump Up

___ Back & Pike Roll Stretch Jump Up

___ Back Roll Shoot Through

___ Back Extension (wedge)

___ Cartwheel Favorite Side

___ Cartwheel Variations

Hand on hand /far /near / dive cartwheel

___ Kneel Cartwheel

___ Round Off Mat-visuals

___ T into Handstand

___ Handstand

Step out / snap down

___ Handstand Forward Roll

___ Handstand Bridge

___ 5 Walks

___ Octagon Snap Over

___ Bridge Planche & Kick Over

___ Back Bend Kick Over

___ Back Walkover

___ Jump to Flat Fall Resi To Calf

___ Whistle (good flip)

___ Back Handspring Wedge

___ Quick Run 10 Feet

___ Quick Run 10 Ft Hurdle to Square

___ Quick Run 20 Ft Hurdle onto Board

Jumps

___ Stretch ___ Tuck ___ Straddle ___ Pike