

## Tumble Prentice (required skill to advance to Skilled)

\_\_\_ All Rolls

forward, straddle, pike, back

\_\_\_ Shoulder Roll

\_\_\_ Dive Roll

\_\_\_ Back Extension Wedge/FX

\_\_\_ Power Cartwheel

\_\_\_ 3 Run Hurdle Cartwheel

\_\_\_ Round Off

\_\_\_ Round Off Punch Back – Resi

\_\_\_ Hurdle Round Off

\_\_\_ 3 Run Hurdle Round Off

\_\_\_ T to Handstand Front Limber

\_\_\_ Handstand Pirouette

\_\_\_ Back Walkover

\_\_\_ Standing Back Handspring

\_\_\_ Round Off Back H.S. up to 3

\_\_\_ Front Limber

\_\_\_ Front Walkover

\_\_\_ Fly Spring (stimulation)

\_\_\_ Front Handspring (stimulation)

\_\_\_ Back Tuck Off Height

\_\_\_ Front Tuck Off Height

### Jumps

\_\_\_ Toe Touch \_\_\_ Hitch Kick \_\_\_ Leap