

## Tumbling Level

## Standing

## Running

Tumbling Level	Standing	Running
<b>Level 1- A</b>	<ul style="list-style-type: none"><li>• Forward Roll</li><li>• Handstand</li><li>• Cartwheel (CW)</li><li>• 1-hand cartwheel</li><li>• Bridge Kickover on the Floor</li></ul>	<ul style="list-style-type: none"><li>• Round off</li></ul>
<b>Level 1- B</b>	<ul style="list-style-type: none"><li>• Back Walkover (BWO)</li><li>• Front Walkover (FWO)</li><li>• Back Extension roll</li></ul>	<ul style="list-style-type: none"><li>• FWO Cartwheel BWO connection</li><li>• Forward Roll Step into CW BWO</li><li>•</li></ul>
<b>Level 2- A</b>	<ul style="list-style-type: none"><li>• Back handspring (BHS)</li></ul>	<ul style="list-style-type: none"><li>• Roundoff BHS on tumbltrak</li></ul>
<b>Level 2- B</b>	<ul style="list-style-type: none"><li>• T jump BHS</li><li>• BWO BHS</li><li>• Back Extension roll BHS</li></ul>	<ul style="list-style-type: none"><li>• Roundoff BHS on the floor</li><li>• FWO roff BHS, adding series BHS</li><li>• FWO Roff BHS rebound, continued pass of skills</li></ul>
<b>Level 3</b>	<ul style="list-style-type: none"><li>• BHS series</li><li>• Toe Touch BHS series</li><li>• BHS Toe Touch BHS series</li></ul>	<ul style="list-style-type: none"><li>• Roundoff Tuck</li><li>• ROFF BHS/series tuck</li><li>• FWO Roff BHS/series Tuck</li><li>• Punch Front pause Roff BHS tuck</li></ul>
<b>Level 4</b>	<ul style="list-style-type: none"><li>• 2- BHS tuck</li><li>• Standing Tuck</li></ul>	<ul style="list-style-type: none"><li>• Roff BHS Layout</li><li>• Punch front Roff BHS layout</li><li>• Roff whip bhs Layout</li><li>•</li></ul>
<b>Level 5</b>	<ul style="list-style-type: none"><li>• Jump to Tuck</li><li>• 2 BHS Full</li><li>• Standing Full</li><li>• Onodi</li></ul>	<ul style="list-style-type: none"><li>• Roff Full</li><li>• Roff BHS Full</li><li>• Arabians</li><li>• Specialty passes including punch fronts, whips, fulls and double fulls.</li></ul>