

TUMBLING GOALS

INTRO TUMBLING

FORWARD & BACKWARD ROLLS

HANDSTAND

CARTWHEEL

BACKBEND & KICKOVER (MAT)

BODY SHAPES ON TRAMP

BEGINNER TUMBLING

BACK & FRONT WALKOVERS

ROUND-OFF DRILLS

BACK HANDSPRING DRILLS

FLIPPING SHAPES ON TRAMP

INTERMEDIATE TUMBLING

POWER ROUND-OFFS & CARTWHEELS

BACK & FRONT HANDSPRINGS

AERIAL DRILLS

FRONT & BACK TUCK DRILLS



ADVANCED TUMBLING

BACK & FRONT TUCKS

TWISTING

CONNECTED TUMBLING

ADVANCED DANCE ACRO

FRONT & SIDE AERIALS

STEP-OUT LANDINGS

FRONT TUCKS

LAYOUT STEP-OUTS

BUTTERFLIES

CREATIVE SKILLS