

## What should I expect from my child's recreational tumbling class? What Skills are worked on?



Please see the chart below to answer your questions. Drills below taught once the majority of standing and running tumbling skills are mastered.

Level 1 BW/FW	L2 Pre Back-Handspring	L3 Pre TUCK	L4- Layouts	L5 Fulls
Back Bend Kick over	Learn Back Handspring Drills for BH	Tuck Drills-Learn tuck	Drills for Layouts	Drills for Fulls
Back Bend from standing	Standing BH	Round off Tuck	BH Back Tuck	Jump Back Tuck
Handstand to bridge	BW BH	Round off BH Tuck	BH Series to Tuck	Bh BH Layout
Back Walkover	Round off BH	Side Aerial	Jump BH Tuck	*BH whip BH BH Layout
*Back Extension roll	Round off block drills	*BH Toe BH BH	Cartwheel Tuck	*BH BH Tuck Tuck
Back ward roll	Toe Touch Pause BH	3 Standing BH	*Back tuck P Back tuck	
*Valdez		3 jump BH	* Standing punch front	
BW BW		Toe BH	Front Aerial	
Hand Stand Fwd Roll		Working standing tucks	BH SO Round off BH Tuck FW round off bh Tuck	
Back ward roll BW		Working Punch Fronts	Standing Back Tuck	
Level 1 Running	L2 Back Handspring	L3- TUCKS	L4 Running	Level R5 Running
	Work on Mastering the BH- elite 2 skills		Punch Front step outs	
Fwd roll step out cw bw	FW Front Handspring	Round off Bh Tuck	R off BH /Layout s-out	Round off Full
FW FW	BH Pause Bh	*FW round off Tuck	FW through to Layout	Round off BH Full
Cartwheel	*FW Round off BH	Punch Front	*Punch front step out round off bh whip to tuck	* FW R off BH Full
Round Off rebound	Round off Series	*Punch pw hdl e r off tuck	X out pass	* Punch Front step out to full
Front Walkover	*Fly spring pass	*Side Aerial r off tuck	*Punch front step out to layout	* Round off BH Whip BH Full
FW CW BW	CW BH, Back ext. roll BH	Round off BH SO R BH Tuck	*Front handspring punch front	
Round off BW	Front Handspring	*BH BH boulder r-off tuck	whips	
	R off BH ½ turn RBH	Shusha nova		
	BH Step out BW BH			

We offer tumbling classes for all ages and levels. Our tumbling classes follow the levels as set forth by the USASF (United States All-Star Federation). We utilize various equipment and drills in order to maximize your child's

development with proper technique. It is important to remember that each child progresses at a different pace. They may master some skills very quickly and other skills may take several months. Within each class our coaches will work with your child at and ensure they progress in each skill as they are ready. Once your child has mastered the majority of both the standing & running tumbling skills along with the necessary drills for the next level your child's coach will let you know that your child is ready to move to the next level.