

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 Standing	Level 2 Standing	Level 3 Standing	Level 4 Standing	Level R5 Standing
Back Bend Kick over	Back Handspring	BH BH	Standing back tuck	
Back Bend from standing	BH Step out BW BH	BH BH BH	BH Back Tuck	Jump Back Tuck
Handstand to bridge	BW BH	Toe BH	BH Series to Tuck	Bh BH Layout
Back Walkover	BH pause BH	Side Aerial	Jump BH Tuck	*BH whip BH BH Layout
*Back Extension roll	Toe Pause BH	*BH Toe BH BH	Cartwheel Tuck	*BH BH Tuck Tuck
Back ward roll	Back Extension roll BH	*BH BH boulder r-off tuck	*Back tuck P Back tuck	
*Valdez	CW B ext roll BH	3 jump BH	* Standing punch front	
BW BW	BWD Roll BH	BH Step out RBH TUCK	Front Aerial	
Hand Stand Fwd Roll		Shusha nova		
Back ward roll BW				

Level 1 Running	Level 2 Running	Level 3 Running	Level 4 Running	Level R5 Running
Double Back Walkover	R off BH ½ turn RBH	Round off Tuck	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	Round off 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	Round off BH SO R BH Tuck	*Front handspring punch front	
Round off BW	Front Handspring		whips	
Drills Level 1-2	Drills 2-3	Drills 3-4	Drills 4-5	
Standing BH Drills	Drills for Back Tucks	Drills for Layouts	Drills for Twisting	

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.