

TUMBLING SKILL CHART

LEVEL	STANDING REQUIRED	STANDING ELITE	RUNNING REQUIRED	RUNNING ELITE
1	<ul style="list-style-type: none"> -Forward Roll -Backwards Roll -Back Limber/Bridge -Bridge Kickover 	<ul style="list-style-type: none"> -Handstand -Front Walkover(FWO) -Back Walkover(BWO) -Valdez -Switch Leg Walkover -Series Back Walkover 	<ul style="list-style-type: none"> -Cartwheel -Roundoff 	<ul style="list-style-type: none"> -Cartwheel Walkover -Roundoff Walkover
2	<ul style="list-style-type: none"> -Backhandspring (BHS) 	<ul style="list-style-type: none"> -Back Walkover BHS -T-Jump BHS -BHS-T-Jump-BHS -BHS-Walkover-BHS 	<ul style="list-style-type: none"> -Roundoff BHS 	<ul style="list-style-type: none"> -FWO-Roundoff-BHS -Roundoff BHS series
3	<ul style="list-style-type: none"> -Standing 3 BHS -Toe Touch BHS 	<ul style="list-style-type: none"> -BHS-Toe Touch-BHS 	<ul style="list-style-type: none"> -Roundoff BHS Tuck -Roundoff Tuck 	<ul style="list-style-type: none"> -FWO Roundoff-BHS-Tuck -Punch Front -Aerial (Above skills through to Roundoff BHS Tuck)
4	<ul style="list-style-type: none"> -Standing Tuck -Standing BHS Tuck 	<ul style="list-style-type: none"> -Toe Touch BHS Tuck -Cartwheel Tuck 	<ul style="list-style-type: none"> -Roundoff BHS Layout 	<ul style="list-style-type: none"> -Punch Front Stepout-Roundoff-BHS-Layout -Roundoff-Whip-BHS-Layout -Roundoff BHS-whip-punch layout
5	<ul style="list-style-type: none"> -Jump Tuck Combo -2 BHS to layout 	<ul style="list-style-type: none"> -2 BHS-whip-2 BHS-Layout -2 BHS-whip-punch-layout -Jump-BHS-Layout 	<ul style="list-style-type: none"> -Roundoff BHS Full 	<ul style="list-style-type: none"> -Roundoff BHS-whip-BHS-Full -Punch Front through to BHS Full -Front Handspring Front to RO BHS Full
6	<ul style="list-style-type: none"> -Jump Tuck Combo -2 BHS to Full 	<ul style="list-style-type: none"> -BHS Full -Standing Full -Jump to Full -2 BHS to Double Full 	<ul style="list-style-type: none"> -Roundoff BHS Full through to full -Roundoff BHS Double 	<ul style="list-style-type: none"> -Roundoff BHS Double -Elite Combinations through to Double Full