



TUMBLING PROGRESSIONS

Beginning / Advanced Beginner	
<input type="checkbox"/> Forward Roll	<input type="checkbox"/> Cartwheel / Round Off**
<input type="checkbox"/> Backward Roll	<input type="checkbox"/> Handstand Forward Roll
<input type="checkbox"/> Bridge Kick Over	<input type="checkbox"/> Forward / Back Walkover (FWO / BWO)**
<input type="checkbox"/> Fall to Bridge	<input type="checkbox"/> Front Limber
Back Handspring (BHS) / Advanced BHS (Intermediate)	
<input type="checkbox"/> RO-BHS**	<input type="checkbox"/> Front Handspring**
<input type="checkbox"/> (Standing) BHS	<input type="checkbox"/> Back Extension Roll
<input type="checkbox"/> BWO-BHS	<input type="checkbox"/> (Standing) BHS X3**
<input type="checkbox"/> BHS-pause-BHS	<input type="checkbox"/> FWO-Round Off-BHS**
Tuck (Advanced)	
<input type="checkbox"/> FWO-RO-BHS-Tuck**	<input type="checkbox"/> RO-BHS-Tuck**
<input type="checkbox"/> (Standing) Tuck**	<input type="checkbox"/> RO-BHS-Tuck to Tuck**
<input type="checkbox"/> (Standing) BHS-Tuck**	<input type="checkbox"/> Punch Front**
Layout (Advanced)	
<input type="checkbox"/> (Standing) BHS-Layout**	<input type="checkbox"/> RO-BHS-Layout**
Twister (Advanced)	
<input type="checkbox"/> (Standing) BHS-Full	<input type="checkbox"/> RO-BHS-Full
<input type="checkbox"/> (Standing) Full	<input type="checkbox"/> RO-BHS-Double Full
<input type="checkbox"/> Arabian	

Note: these are the essential skills taught in each class. There are more sequences of skills that could be taught and learned in the classes. If there are any questions, please reach out by our e-mail/phone listed at the bottom.

Note: the “**” by certain skills indicates that those skills are a requirement in order to do more advanced skills in the next class.