

# PERFECT STORM ATHLETICS TUMBLING PROGRAM

## Level 1 Tumbling Checklist

### Level 1 Basic

#### STANDING TUMBLING

- Forward Roll
- Pushup to Bridge
- Candle Stick
- Handstand (floor) & against the wall (stomach facing wall) 45 sec
- Handstand fall to bridge
- Handstand to 1 leg bridge
- Cartwheel
- Hollow Body Walks and Hops (all directions)
- Shapes (Hollow, Arch & Flat)
- Shape jumps (Hollow & Tuck)
- Hollow body log roll

#### RUNNING TUMBLING

- Power Hurdle
- Cartwheel
- Roll-Cartwheel
- Seat roll (both ways)

### Level 1 Intermediate

#### STANDING TUMBLING

- Bridge Kick Over
- Front Limber
- Back Limber
- Handstand Forward Roll
- Front Walkover
- Back Walkover
- Straddle Roll
- Pike Roll

#### RUNNING TUMBLING

- Power Hurdle Round Off
- Two step round off
- Power Hurdle Front Walkover
- Cartwheel - Back Walkover
- 1 Handed Cartwheel
- Backward Roll

### Level 1 Advanced

#### STANDING TUMBLING

- Back Walkover Series
- Back Walkover Switch Leg
- Back Extension Roll
- Basic Skill - Back Walkover Series
- Tic toc
- Valdez

#### RUNNING TUMBLING

- Cartwheel - Back Walkover Series
- Front Walkover - Cartwheel - Back Walkover (Series)
- Front Walkover - Cartwheel - Back Walkover Switch Leg
- Round off rebound to waist height
- Front Walkover series
- Switch Leg Front Walkover

# Level 2 Tumbling Checklist

Level 2 Basic	
STANDING TUMBLING	RUNNING TUMBLING
<input type="checkbox"/> Back Handspring <input type="checkbox"/> Back Handspring Stepout	<input type="checkbox"/> Round Off Back Handspring <input type="checkbox"/> Cartwheel - Back Handspring <input type="checkbox"/> Front Handspring <input type="checkbox"/> Dive Roll
Level 2 Intermediate	
STANDING TUMBLING	RUNNING TUMBLING
<input type="checkbox"/> Back Extension Roll - Back Handspring <input type="checkbox"/> Back Walkover - Back Handspring <input type="checkbox"/> Back Walkover - Back Handspring Stepout	<input type="checkbox"/> Round Off - Back Handspring Stepout <input type="checkbox"/> Round Off - Back Handspring Series (3) <input type="checkbox"/> Front Walkover - Round Off - Back Handspring <input type="checkbox"/> Flyspring & Flyspring step out <input type="checkbox"/> Dive Roll Stepout
Level 2 Advanced	
STANDING TUMBLING	RUNNING TUMBLING
<input type="checkbox"/> BWO - Back Handspring Stepout - BWO <input type="checkbox"/> BWO Switch Leg - Back Handspring <input type="checkbox"/> Back Handspring Stepout - BWO - Back Handspring <input type="checkbox"/> Valdez - Back Handspring <input type="checkbox"/> Valdez - BWO - Back Handspring/Stepout	<input type="checkbox"/> Flyspring step out - Round off - Back Handspring Series <input type="checkbox"/> Cartwheel - Back Handspring Stepout - BWO - BHS/BHS Series <input type="checkbox"/> Round Off - Back Handspring Stepout - BWO - BHS/BHS Series <input type="checkbox"/> Front Handspring Series

# Level 3 Tumbling Checklist

Level 3 Basic	
STANDING TUMBLING	RUNNING TUMBLING
<input type="checkbox"/> Back Handspring Series (2) <input type="checkbox"/> Back Handspring - Back Handspring Stepout <input type="checkbox"/> Jump - Back Handspring	<input type="checkbox"/> Round Off - Back Handspring - Back Tuck <input type="checkbox"/> Round Off - Back Tuck <input type="checkbox"/>
Level 3 Intermediate	
STANDING TUMBLING	RUNNING TUMBLING
<input type="checkbox"/> Back Handspring Series (3) <input type="checkbox"/> BWO - BHS Series (3) <input type="checkbox"/> Jump - BHS Series <input type="checkbox"/> Back Handspring Stepout Series (3)	<input type="checkbox"/> Punch Front <input type="checkbox"/> Round Off - BHS Series (2/3) - Tuck <input type="checkbox"/> FWO - Round Off - Tuck <input type="checkbox"/> Aerial

## Level 3 Advanced

STANDING TUMBLING	RUNNING TUMBLING
<input type="checkbox"/> Back Handspring Series (5)	<input type="checkbox"/> FWO - Aerial
<input type="checkbox"/> Level 1 Skill - BHS Series	<input type="checkbox"/> Punch Front - RO - BHS - Back Tuck
<input type="checkbox"/> BHS/BHS Series - Jump - BHS/BHS Series	<input type="checkbox"/> Front Handspring - Front Tuck
<input type="checkbox"/>	<input type="checkbox"/> Flyspring - RO - Tuck
<input type="checkbox"/>	

## Level 4 Tumbling Checklist

### Level 4 Basics

STANDING TUMBLING	RUNNING TUMBLING
<input type="checkbox"/> Standing Back Tuck	<input type="checkbox"/> Cartwheel - Back Tuck
<input type="checkbox"/> BHS - BHS - Back Tuck	<input type="checkbox"/> Round Off - BHS - Layout

### Level 4 Intermediate

STANDING TUMBLING	RUNNING TUMBLING
<input type="checkbox"/> BWO - Back Tuck	<input type="checkbox"/> Punch Front Step Out
<input type="checkbox"/> Back Extension Roll - Back Tuck	<input type="checkbox"/> Round Off - Layout
<input type="checkbox"/> Onodi	<input type="checkbox"/> Aerial - Back Tuck
<input type="checkbox"/> Jump - BHS Series - Back Tuck	<input type="checkbox"/> RO - BHS - Whip - BHS - Layout
<input type="checkbox"/> T-jump - Back Tuck	<input type="checkbox"/> Front Aerial

### Level 4 Advanced

STANDING TUMBLING	RUNNING TUMBLING
<input type="checkbox"/> BHS/ BHS Step Out - Back Tuck	<input type="checkbox"/> RO - BHS - Whip - Layout
<input type="checkbox"/> BHS Step Out - Back Tuck	<input type="checkbox"/> Punch Front Stepout - RO - BHS - Layout
<input type="checkbox"/> Jump - BHS - Back Tuck	<input type="checkbox"/> FHS - Front Tuck - through to Layout