



# PERFECT STORM ATHLETICS TUMBLING PROGRAM

## Level 1 Tumbling Checklist

### Level 1 Basic

STANDING TUMBLING	RUNNING TUMBLING
<input type="checkbox"/> Forward Roll	<input type="checkbox"/> Power Hurdle
<input type="checkbox"/> Pushup to Bridge	<input type="checkbox"/> Cartwheel
<input type="checkbox"/> Candle Stick	<input type="checkbox"/> Roll-Cartwheel
<input type="checkbox"/> Handstand (floor) & against the wall (stomach facing wall) 45 sec	<input type="checkbox"/> Seat roll (both ways)
<input type="checkbox"/> Handstand fall to bridge	
<input type="checkbox"/> Handstand to 1 leg bridge	
<input type="checkbox"/> Hollow Body Walks and Hops (all directions)	
<input type="checkbox"/> Shapes (Hollow, Arch & Flat)	
<input type="checkbox"/> Shape jumps (Hollow & Tuck)	
<input type="checkbox"/> Hollow body log roll	

Athlete Name:

Date Tested: Coach:

Date Tested: Coach:

Date Tested: Coach:

Date Tested: Coach:

Date Tested: Coach:

Date Tested: Coach:

Date Tested: Coach:

Date Tested: Coach:

### Level 1 Intermediate

STANDING TUMBLING	RUNNING TUMBLING
<input type="checkbox"/> Backwards fall to bridge	<input type="checkbox"/> Power Hurdle Round Off
<input type="checkbox"/> Bridge Kick Over	<input type="checkbox"/> Two step round off
<input type="checkbox"/> Front Limber	<input type="checkbox"/> Power Hurdle Front Walkover
<input type="checkbox"/> Back Limber	<input type="checkbox"/> Cartwheel - Back Walkover
<input type="checkbox"/> Handstand Forward Roll	<input type="checkbox"/> 1 Handed Cartwheel
<input type="checkbox"/> Front Walkover	<input type="checkbox"/> Backward Roll
<input type="checkbox"/> Back Walkover	
<input type="checkbox"/> Straddle Roll	
<input type="checkbox"/> Pike Roll	

Notes:

### Level 1 Advanced

STANDING TUMBLING	RUNNING TUMBLING
<input type="checkbox"/> Back Walkover Series	<input type="checkbox"/> Cartwheel - Back Walkover Series
<input type="checkbox"/> Back Walkover Switch Leg	<input type="checkbox"/> Front Walkover - Cartwheel - Back Walkover (Series)
<input type="checkbox"/> Back Extension Roll	<input type="checkbox"/> Front Walkover - Cartwheel - Back Walkover Switch Leg
<input type="checkbox"/> Basic Skill - Back Walkover Series	<input type="checkbox"/> Round off rebound to waist height
<input type="checkbox"/> Tic toc	<input type="checkbox"/> Front Walkover series
<input type="checkbox"/> Valdez	<input type="checkbox"/> Switch Leg Front Walkover