

## Tumble 1

### Floor

Positions (Tuck, Pike, Straddle)
Candlestick Roll - Stand w/o Hands
Tucked Forward Roll
Tucked Backward Roll
Walk Feet up Wall to HS-Fwrd Roll
Lunge, T, Lever, T, Lunge (Both sides)
Lunge, Handstand Hold, Lunge
Lunge, Cartwheel, Lunge
1 Arm Cartwheel (Both Arms)
Run, Hurdle, Cartwheel
Cartwheel, T, Step-In
Lift Leg, Rock, Walk, & Jump in Bridge
Back-Bend Up Hill

### Tumble Trak

Straight Jump Fwrds & Bckwrds
Tuck, Pike, Straddle Jumps
Straight Jump to Stick on Resi
Handstand, Fall to Flat Back on Resi
Jump Full Turn, Stick on Resi

### Trampoline

Proper Jump Technique
Stick & Freeze
Tuck, Pike, & Straddle Jump
Jump Full Turn
Seat Drop
Hands & Knees (Doggie) Drop
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## Tumble 2

### Floor

Handstand Forward Roll
HS Snap-Up Rebound on Panel
Bent Arm Back-Extension Roll
Power Hurdle CW Step-In, 3 Steps Back
Step-Hurdle Round-Off Rebound
Back-Bend Up Hill, Rock & Stand Up
Bridge Up, Kick-Over Down Hill
Back-Bend Kick-Over
Tick-Tock
Back-Walkover
Front Limber
Front Walkover
Back Limber to Push-up Down Hill
BHS to Push-Up with Spot on 8-incher

### Tumble Trak

Cartwheels on Line
Round-Off Punch to Back
BHS - Flat to Stomach w/Spot on Resi
Bounce, Punch to Tuck Candle on Big Resi
Forward Roll to Shoulder High Mats
Tuck/Pike/Straddle/Repeat...
3 Bounce 1/2 & Full Turn / Repeat...

### Trampoline

Doggie Drop - Front Drop- Stand Up
Seat Drop 1/2 Turn to Feet
Swivel Hips
Back Drop & Front Drop from Feet
Jump 1/1 (Arms Out Like Helicopter)
Knee Drop - Handstand - Snap Up
Back Drop 1/2 Turn to Feet

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## Tumble 3

### Floor

Straight Arm Back-Extension Roll
BHS to Push-Up on 8 incher
BHS- Rebound Down Wedge
BHS on Floor
BHS Step-Out
HS Snap-Up BHS
Round-Off BHS
Step-Hurdle Front-Walkover (FHS-Step-Out)
Front-Handspring Rebound 2 feet
Run, Punch HS Flat-Back on Small Resi
Punch Board to Tuck Candle on Big Resi

### Tumble Trak

RO-BHS on 4 inchers
RO-BHS Rebound to 8 incher
Flyspring onto Resi Mat
Front Tuck to Back up to Resi
Punch to Back Roll on Reverse Incline
Standing 2 BHS
FHS Step-Out to RO

### Trampoline

3 Bounce BHS
Standing Back Drop Pullover
Back Drop Pullover from Bounce
Back Drop 1/1 Turn to Stand
Knee Drop Flyspring
Flyspring
Front Tuck
Back Tuck

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## Advanced Tumbling

### Floor

RO-2 BHS
RO-3 BHS
FHS Step-Out to RO-BHS
RO-Back Tuck
RO-BHS-Back Tuck
FHS Step-Out to RO-BHS-Back Tuck
BHS-Back Tuck
Standing Back Tuck
RO-BHS-Layout
RO-BHS-Layout 1/2
RO-BHS-Full
RO-BHS- Double Full
Standing Full
RO-Whip Rebound
RO - 2 or more Whips
Front through to BHS
Front through to BHS -Back Tuck
Arabian

### Tumble Trak

3 Bounce Front Tuck
Series of BHS
RO-BHS-Back Tuck
RO-BHS-Layout
RO-BHS-Layout 1/2
RO-BHS-Full
RO-BHS- Double Full

### Trampoline

Front Pike
Back Layout
Helicopter w/ Multiple Twists
Layout 1/2
Layout Full
Tuck Front 1/2 (Barani)
Pike Front 1/2 (Barani)
Layout Front 1/2 (Barani)

## Cheer Tumbling

### Floor

Lunge, Handstand Hold, Lunge
Handstand Forward Roll
Lunge, Cartwheel, Lunge
Cartwheel Step-In
Power Hurdle CW Step-In, 3 Steps Back
Step-Hurdle Round-Off Rebound
BHS to Push-Up with Spot on 8-incher
BHS to Push-Up on 8 incher
BHS- Rebound Down Wedge
BHS on Floor
Round-Off BHS
Step-Hurdle Front-Walkover (FHS-Step-Out)
Punch Board to Tuck Candle on Big Resi

### Tumble Trak

Cartwheels on Line
Round-Off Punch to Back
Punch to Back Roll on Reverse Incline
Front Tuck to Back up to Resi
3 Bounce Front Tuck
RO-BHS on 4 inchers
RO-BHS Rebound to 8 incher
Standing 2 BHS
FHS Step-Out to RO

### Trampoline

Proper Jump Technique
Straddle Jump
Pike Jump
Herkie Jump
Hurdler Jump
3 Bounce BHS
Front Tuck
Back Tuck
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