

## **Beg Power Tumbling**

### ***Floor***

Lunge, Handstand, lunge  
Lunge, Cartwheel, lunge  
Run, hurdle, cartwheel  
One- armed cartwheel  
Lunge, round off, stretch jump  
Power Hurdle Round off  
Front Handspring  
Standing backbend  
Backbend kick over  
Back handspring  
Rd off back handspring  
Level 4 Competitive pass

### ***Tramp***

10 Straight Jumps in box  
Back Drop  
Seat Drop  
Jumps with shoot out  
Full turn  
Stomach Drop  
Back Handspring  
Front Handspring  
Front Tuck  
Back Tuck  
Level 4 & 5 Competitive passes

### ***Double Mini Tramp***

3 Straight Extended Jumps  
Stuck Landings  
Jumps with shoot outs  
Front Tuck  
Back tuck w/spot  
Level 4 & 5 Competitive passes

## **Interm Power Tumbling**

### ***Floor***

3 Second Handstand  
Cartwheel Speed Series  
Near Arm/Far Arm Cartwheels  
Power Hurdle Rd off w/rebound  
Front Handspring  
Front Handspring set out  
Standing back handspring series  
Rd off back handspring series  
Introduce back tuck  
Ft handspring tumble  
Introduce Aerial Cartwheel  
Level 5 & 6 Competitive passes

### ***Tramp***

All jump positions w/shoot outs  
Back drop pull over  
Airplane  
3/4 front  
Introduction to barani  
Front Tuck w/shoot out  
Back Tuck w/shoot out  
Level 5 & 6 Competitive passes

### ***Double Mini Tramp***

2 Jump Entry/Dismount  
All jumps w/shoot outs  
tuck jump/front tuck  
1/2 turn/back tuck  
Intro to barani  
Back Tuck  
Level 5 & 6 Competitive passes

## **Advanced Power Tumbling**

### ***Floor***

Ft Handspring step out, tumble  
Run punch front  
Standing series of back handspring to  
tuck  
Rd off series to tuck  
Back straight  
Whip  
Aerial  
Combinations  
Level 6 Competitive pass

### ***Tramp***

Front straight  
Back straight  
Barani tuck  
Barani straight  
Instruction to back full twist