

Elite Tumbling

| Name: | | <i>Needs work</i> | <i>Improved</i> | <i>Good</i> |
|--------------|--|------------------------------|------------------------|--------------------|
| | Handstand hold, straight arm forward roll | | | |
| | Back extension roll, push up to handstand, step down | | | |
| | | | | |
| | Lunge, cartwheel, lunge (proper form) | | | |
| | Other side Cartwheel | | | |
| | Dive Cartwheel | | | |
| | Aerial | | | |
| | | | | |
| | Dive forward roll | | | |
| | Front handspring (2 ft), rebound | | | |
| | Punch front tuck | | | |
| | | | | |
| | Power round off, rebound (proper hand placement) | | | |
| | Step hurdle round off, rebound (proper hand placement) | | | |
| | Round off, back handspring, rebound | | | |
| | Round off, back handspring, back handspring, rebound | | | |
| | Round off, back handspring, back tuck | | | |
| | Standing back tuck | | | |

All skills need to be learned to move up to next level