

Beginning Tumbling

Name:		<i>Needs work</i>	<i>Improved</i>	<i>Good</i>
	Forward roll, tucked			
	Backward roll, tucked			
	Candlestick			
	¾ handstand			
	Wall handstand			
	Bridge on elevated surface (shoulders on top of wrists)			
	Bridge, straight arms, on floor			
	Bridge kickover, (elevated surface)			
	Bridge kickover (front 8" mat)			
	Bridge kickover on floor			
	Backbend			
	Proper lunge			
	Lunge, cartwheel, lunge			
	Passe, cartwheel			

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