



## Tumbling and Tricking class

### Required list of moves

#### Level 1

Students must be able to perform at least 80% of the moves required at each level to move on. This ensures that students have the proper skills and basics to minimize their risk before trying more advanced movements. Level assessments will be done periodically.

Tumbling Skills Level 1		Tricking Skills Level 1	
	Hurdles		Hook Kick
	Back Bridge 10 seconds		Crescent Kick
	Lunges		Reverse Crescent Kick
	Front Rolls		Crescent to Reverse Crescent Kick
	Front Shoulder Rolls		Autobahn
	Back Roll		Jump Front Kick
	Back Shoulder Roll Both sides		Jump Crescent Kick
	Back Roll to Push-up Position		Jump Reverse Crescent Kick
	Cartwheel		Pop-180 Spin
	1 Handed Cartwheel Both Arms		Pop-360 Spin
	Handstand 5 seconds		Jump 180 Crescent Kick
	Standing Back Bend		Spinning Reverse Crescent Kick
			Jump 180 Reverse Crescent Kick
			Butterfly Kick
			Split Kick
			Scissor Kip Up
	Score		Score



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#### Level 2

Students must be able to perform at least 80% of the moves required at each level to move on. This ensures that students have the proper skills and basics to minimize their risk before trying more advanced movements. Level assessments will be done periodically.

Tumbling Skills Level 2		Tricking Skills Level 2	
	Round Offs		Jump Spin Crescent Kick
	Round Off Pop		Jump Spin Reverse Crescent Kick
	Hurdle Round Off Pop		Jump spin Crescent to Reverse Crescent Kick
	Hurdle Round Off Pop 180		Kip-Up
	Standing Back Bend-Stand Back Up		Pop 360 Hook Kick
	Handstand to Back Bend		Pop 360 Round House Kick
	Back Bend Kick Over		Pop 540 Spin
	Front Walk over		Tornado Kick (Jump Spin Reverse Crescent-Crescent Kick)
	Back Walk over		Feilong
	Diving Cartwheel		Au Batido (L-Kick)
	Diving 1 Handed Cartwheel		Illusion
	Diving Front Roll		Front Kick Drop to Front Split
	Handstand Walk		J-Step Take Off
	Handstand Front Roll		Scot Through Transition
	Back Roll to Handstand		Gumbi Transition
	Score		Score



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### Level 3

Students must be able to perform at least 80% of the moves required at each level to move on. This ensures that students have the proper skills and basics to minimize their risk before trying more advanced movements. Level assessments will be done periodically.

Tumbling Skills Level 3		Tricking Skills Level 3	
	Front Handspring		540
	Back Handspring		Flash Kick
	Round Off Back Handspring		Tiger Roll
	Front Tuck		X-Out
	Back Tuck		Butterfly Twist
	Round Off Back Tuck		Jack knife
	Aerial		Gainer
	Front Aerial		Double Leg
	Master Swipe		Raiz
			Touch Down Raiz
	Score		Score