

Tumbling Academy Level Requirements

Tumbling I- Kindergarten and up

Students will learn the basics and safety in tumbling and skills including forward rolls, cartwheels, and pushing up to a bridge, while beginning to work on going down to a backbend unassisted.

Prerequisite skills: No prior experience or skills required.

Tumbling I/II- Kindergarten and up

Students will work on going down to a backbend, fundamentals of a cartwheel, handstand, and headstand.

Prerequisite skills: able to hold a bridge for 15 seconds

Tumbling II- Kindergarten and up

Students will continue the progression of their backbend while learning to stand up from a backbend unassisted. Students will work towards flexibility tricks, running tricks, and kicking over from a backbend.

Prerequisite skills: Understanding of basic tumbling tricks (Tumbling I skills), little to no assistance going down to a backbend.

Tumbling II/III- 1st grade and up

Students will work on breaking down the tricks needed for Tumbling III. There will be a focus on fundamentals for front and back walkovers.

Prerequisite skills: able to go down to a backbend and complete a backbend kick over with legs on a 6 inch elevated surface

Tumbling III- 1st grade and up

Students will work on handstand back bend stand ups, backbend kick overs, and begin transitioning to front and back walkovers. Students will begin working on power tricks, strength tricks, and learning the fundamentals for future tricks.

Prerequisite skills: all Tumbling I-II skills, able to kick over from a backbend, stand up from backbend unassisted

Tumbling IV- 3rd grade and up

Students will have mastered a front and back walkover. They will begin safely learning power tumbling and will be introduced to aerial cartwheels and back hand springs.

Prerequisite skills: all Tumbling I-III skills plus front and back walkover

Tumbling V- 3rd grade and up

Students will have mastered or are being lightly spotted on a back handsprings and aerial cartwheels. Students will be working on advanced tumbling tricks.

Prerequisite skills: all tumbling I-IV skills plus the understanding of safety in tumbling

Tumbling VI

By invitation only.

