



TUMBLING SKILL CHART

LEVEL	ADVANCED STANDING	ADVANCED RUNNING	ELITE STANDING	ELITE RUNNING
Level 1	Front Walk Over Back Walk Over	Round Off Cartwheel BWO	Valdez BWO Series FWO Series	Cartwheel BWO Series FWO Cartwheel-BWO Series
Level 2	BWO BHS Back Extension Roll-BHO	ROBHS Series FWO ROBHS Front Hand Spring	Valdez BHS BWOBHS step out-BWOBHS	FWOROBHS series Front hand spring-series Bounder/Flyspring
Level 3	BWOBHS Series 3 SBHS or more Jump BHS Series	ROBHS Tuck Punch Front	BHS Step out BHS-Series 2BHS Jump 2BHS	FWOROBHS Tuck FWO Aerial FHSROBHS Tuck
Level 4	BHS series to Tuck BWO Tuck Back Xtn Roll Tuck	ROBHS Layout PunchFront RO Flip Aerial Back Tuck	Jump BHS Tuck BHS series Step Out- Tuck	RO Flip through to-Tuck/Layout Front HS Through to Tuck/Layout
Level 5	SBHS series to Layout SBHS Tuck BHS Tuck SBHS Series to Whip-tuck	ROBHS Full FWOROBHS Full Round Off Arabian	SBHS Layout SBHS Whip tuck Jump BHS series to- Layout	RO Arabian step-out ROBHS Full Punch Front - through to Full
Level 6	SBHS whip toFull Jump BHS series to Full SBHS series to Full	Punch/Arabian-through to Full RO Whip to Full	SBHS Full Jump BHS Full Standing Full Standing to Double	Front Hnad Spring Front Full ROBHS Full to Full ROBHS to any Double