



PERFECT STORM ATHLETICS TUMBLING PROGRAM

Level 3 & 4 Tumbling Checklist

Level 3 Basic

STANDING TUMBLING	RUNNING TUMBLING
<input type="checkbox"/> Back Handspring Series (2)	<input type="checkbox"/> Round Off - Back Handspring - Back Tuck
<input type="checkbox"/> Back Handspring - BHS Stepout	<input type="checkbox"/> Round Off - Back Tuck
<input type="checkbox"/> Jump - Back Handspring	

Level 3 Intermediate

STANDING TUMBLING	RUNNING TUMBLING
<input type="checkbox"/> Back Handspring Series (3)	<input type="checkbox"/> Punch Front
<input type="checkbox"/> BWO - BHS Series (3)	<input type="checkbox"/> Round Off - BHS Series (2/3) - Tuck
<input type="checkbox"/> Jump - BHS Series	<input type="checkbox"/> FWO - Round Off - Tuck
<input type="checkbox"/> Back Handspring Stepout Series (3)	<input type="checkbox"/> Aerial

Level 3 Advanced

STANDING TUMBLING	RUNNING TUMBLING
<input type="checkbox"/> Back Handspring Series (5)	<input type="checkbox"/> FWO - Aerial
<input type="checkbox"/> Level 1 Skill - BHS Series	<input type="checkbox"/> Punch Front - RO - BHS - Back Tuck
<input type="checkbox"/> BHS/BHS Series - Jump - BHS/BHS Series	<input type="checkbox"/> Front Handspring - Front Tuck
	<input type="checkbox"/> Flyspring - RO - Tuck

Level 4 Basics

STANDING TUMBLING	RUNNING TUMBLING
<input type="checkbox"/> Standing Back Tuck	<input type="checkbox"/> Cartwheel - Back Tuck
<input type="checkbox"/> BHS - BHS - Back Tuck	<input type="checkbox"/> Round Off - BHS - Layout

Level 4 Intermediate

STANDING TUMBLING	RUNNING TUMBLING
<input type="checkbox"/> BWO - Back Tuck	<input type="checkbox"/> Punch Front Step Out
<input type="checkbox"/> Back Extension Roll - Back Tuck	<input type="checkbox"/> Round Off - Layout
<input type="checkbox"/> Onodi	<input type="checkbox"/> Aerial - Back Tuck
<input type="checkbox"/> Jump - BHS Series - Back Tuck	<input type="checkbox"/> RO - BHS - Whip - BHS - Layout
<input type="checkbox"/> T-jump - Back Tuck	<input type="checkbox"/> Front Aerial

Level 4 Advanced

STANDING TUMBLING	RUNNING TUMBLING
<input type="checkbox"/> BHS - Back Tuck	<input type="checkbox"/> RO - BHS - Whip - Layout
<input type="checkbox"/> BHS Step Out - Back Tuck	<input type="checkbox"/> Punch Front Stepout - RO - BHS - Layout
<input type="checkbox"/> Jump - BHS - Back Tuck	<input type="checkbox"/> FHS - Front Tuck - through to Layout

Athlete Name:

Date Tested: Coach:

Date Tested: Coach:

Date Tested: Coach:

Date Tested: Coach:

Date Tested: Coach:

Date Tested: Coach:

Date Tested: Coach:

Date Tested: Coach:

Notes: