



# PERFECT STORM ATHLETICS TUMBLING PROGRAM

## Level 5 Tumbling Checklist

### Level 5 Basics

STANDING TUMBLING	RUNNING TUMBLING
<input type="checkbox"/> Jump - Tuck	<input type="checkbox"/> Round Off - Handspring - Full
<input type="checkbox"/> BHS - BHS - Layout	<input type="checkbox"/> Round Off - Full

### Level 5 Intermediate

STANDING TUMBLING	RUNNING TUMBLING
<input type="checkbox"/> BHS - Layout	<input type="checkbox"/> Punch Front Through to Full
<input type="checkbox"/> Jump - BHS (Series) - Layout	<input type="checkbox"/> Pass With Whip Thorough to Full
	<input type="checkbox"/> Pass With Arabian Through to Full

### Level 5 Advanced

STANDING TUMBLING	RUNNING TUMBLING
<input type="checkbox"/> BHS (Series) - Whip Tuck/Layout	<input type="checkbox"/> Pass With 2 Specialty Skills
<input type="checkbox"/> Jump BHS (Series) - Whip Tuck/Layout	<input type="checkbox"/> Round Off - Handspring - Double (Level 6)
<input type="checkbox"/> Standing Full (Level 6)	

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: