

Tumbling and Balancing

| Ins | tructor Re | equired) |
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| 1. | List saf | ety precautions each performer and spotter should follow. |
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| | | |
| 2. | Describ | be the basic positions: |
| | Tucl | K |
| | Pike | |
| | Lay- | -out |
| | | er-extension (arch) |
| | | at |
| | | |
| | | ddle |
| | Stan | ding position (extension) |
| | Perforn | n the following individual stunts with form and poise: |
| | a. | Tuck forward roll from squat |
| | b. | Pike forward roll from standing position |
| | c. | Dive roll (length equal to one's height) |
| | d. | Tuck backward roll from squat |
| | e. | Backward roll from standing position |
| | f. | Straddle legged backward roll from extension |
| | g. | Swedish fall |
| | h. | Frogstand (knee-elbow stand) |
| | i. | Headstand from frogstand |
| | • | |
| | | |
| | j. j. k. l. | Headstand Holli Hogstand Headstand Handstand Cartwheel |

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|----|---------|---|
| 4. | Perform | with form and poise any six of the following stunts with a partner: |
| | a. | Chest stand |
| | b. | Thigh stand |
| | c. | Knee-shoulder balance |
| | d. | Front angel balance |
| | e. | Shoulder stand |
| | £ | Low knee support |

- g. h.
- Low knee support
 Thigh balance
 Front angel straddling waist

| | | Tumbling and Balancing |
|----------------|------------------------|-------------------------------|
| Date completed | Instructor's Signature | 2002 Edition |

Tumbling and Balancing Instructor's Chart

| Thigh stand Knee-shoulder balance Front angel balance Shoulder stand Low knee support Thigh balance Thigh balance | | | | | | | | | | |
|---|---|---|---|--|--|---|---|--|--|---|
| Knee-shoulder balance Front angel balance Shoulder stand | | | | | | | | | | |
| Knee-shoulder balance Front angel balance Shoulder stand | | | | | | | | | | |
| Knee-shoulder balance | | | | | | | | | | |
| Knee-shoulder balance | | | | | | | | | | |
| | | | | | | | | | | |
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| | | | | | | | | | | |
| Chest stand | | | | | | | | | | |
| СаґімһееІ | | | | | | | | | | |
| Handstand | | | | | | | | | | |
| bnstsbseH | | | | | | | | | | |
| Headstand from frogstand | | | | | | | | | | |
| Frogstand | | | | | | | | | | |
| Ilst delbews | | | | | | | | | | |
| Straddle legged backward roll | | | | | | | | | | |
| Backward roll | | | | | | | | | | |
| Tuck backward roll | | | | | | | | | | |
| Dive roll | | | | | | | | | | |
| Pike forward roll | | | | | | | | | | |
| Tuck & Roll From Squat | | | | | | | | | | |
| NAME | | | | | | | | | | |
| | Tuck & Roll From Squat Pike forward roll Dive roll Straddle legged backward roll Swedish fall Frogstand Frogstand Headstand Headstand Cartwheel | Tuck & Roll From Squat Pike forward roll Dive roll Tuck backward roll Straddle legged backward roll Swedish fall Frogstand Headstand from frogstand Headstand Headstand Cartwheel | Tuck & Roll From Squat Pike forward roll Dive roll Tuck backward roll Backward roll Straddle legged backward roll Swedish fall Frogstand Headstand from frogstand Headstand Headstand Cartwheel | Tuck & Roll From Squat Pike forward roll Dive roll Tuck backward roll Straddle legged backward roll Swedish fall Frogstand Headstand Headstand Headstand Cartwheel | Tuck & Roll From Squat Pike forward roll Dive roll Tuck backward roll Straddle legged backward roll Swedish fall Frogstand Headstand Headstand Headstand Headstand Cartwheel | Tuck & Roll From Squat Pike forward roll Dive roll Tuck backward roll Straddle legged backward roll Straddle legged backward roll Swedish fall Headstand from frogstand Headstand Headstand Headstand Octahhheel | Tuck & Roll From Squat Pike forward roll Dive roll Tuck backward roll Backward roll Straddle legged backward roll Swedish fall Frogstand Headstand from frogstand Headstand Headstand Cartwheel | Tuck & Roll From Squat Pike forward roll Dive roll Tuck backward roll Backward roll Straddle legged backward roll Swedish fall Headstand Headstand Headstand Cartwheel | Tuck & Roll From Squat Pike forward roll Dive roll Tuck backward roll Backward roll Straddle legged backward roll Swedish fall Frogstand Headstand Headstand Handstand Cartwheel | Tuck & Roll From Squat Pike forward roll Dive roll Tuck backward roll Stradele legged backward roll Stradele legged backward roll Swedish fall Frogstand Headstand from frogstand Headstand from frogstand Headstand Handstand |

Tumbling and Balancing, Advanced

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| (Instructor | - 1 | , |

- 1. Have the Tumbling and Balancing honor.
- **2.** Perform the following individual tumbling stunts with form and poise:
 - a. Kip
 - **b.** One-handed Cartwheel (both ways)
 - **c.** Front handspring
 - **d.** Back handspring
 - **e.** Round off (must execute step in the approach)
- **3.** Perform any four of the following individual tumbling stunts with form and poise.
 - **a.** Front somersault (sometimes called air spring or front flip)
 - **b.** Headspring
 - **c.** One-handed handspring
 - **d.** Aerial cartwheel
 - **e.** Tinserca
 - **f.** Front walkover
 - **g.** Back walkover
 - **h.** Aerial walkover
 - i. Baroni
 - j. Neckspring
 - **k.** Butterfly
- **4.** Perform any three of the following balances with form and poise:
 - **a.** Press to handstand from headstand or frogstand.
 - **b.** One-handed handstand; alternate for girls: back walkover to headstand
 - c. Pirouette
 - **d.** Straight-armed planche (two arm); alternate for girls: control straddle down from handstand.
 - **e.** Bent arm planche (one arm); alternate for girls: three-second handstand and controlled roll out.
 - f. Yogi handstand
 - **g.** Straight arm-straight leg press to handstand; alternate for girls: straight arm-straddle leg press to handstand.

| • | form a. b. c. | form any three of the following partner stunts and balances with and poise: Toe pitch (back flip) Low arm to arm High arm to arm Low hand to hand High hand to hand Front angel balance on hands |
|---|---|---|
| | 6. Peripois a. b. c. d. e. f. | form any one of the following combination stunts with form and se: Round off/back handspring/backward somersault Round off/two back handsprings Borani/back handspring Round off/backward somersault/back handspring Tinserca/front somersault Backward somersault/back handspring |

Tumbling and Balancing, Advanced Instructor's Chart

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|----------|--------------------------------------|-----------------------|--|--|--|--|--|--|
| | Combination Stunt Identify by Letter | | | | | | | |
| | COMPLETED | | | | | | | |
| | n | ýc | | | | | | |
| | Perform With Partner | Identify by Letter | | | | | | |
| | With | Ide | | | | | | |
| _ | COMPLETED | | | | | | | |
| form | pə | - Yo | | | | | | |
| Perform | 3 Balanced | Identify by Letter | | | | | | |
| | 3 Ba | Ider | | | | | | |
| | TED | COWbre. | | | | | | |
| | | | | | | | | |
| | 4 Individual Tumbling Stunts | Identify by Letter | | | | | | |
| | 4 Individual Imbling Stun | | | | | | | |
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| <u> </u> | | | | | | | | |
| | ⊪O bnuoЯ | | | | | | | |
| Ē | Back Handspring | | | | | | | |
| Perform | Front Handspring | | | | | | | |
| - | Cartwheel (Both Ways) | | | | | | | |
| | Kip | | | | | | | |
| NAME | | | | | | | | |