

# INTERMEDIATE TUMBLING

## Cartwheel Basics

Cartwheel Step-In (up to a mat)

Hurdle, Cartwheel Step-In (up to a mat)

Hurdle, Round-Off to Knees

## Round-Off Basics

Hurdle, Round-Off Fall (turn over)

Hurdle, Round-Off Back Jump (pillow)

Hurdle, Round-Off Back Jump (pit)

Hurdle, RO, BHS on Boulder

Hurdle, RO, BHS (on tumble track, spotted)

## Back-Handspring Work

Handstand, Snap Down, Rebound

BHS Over Boulder to “C” Shape

BHS Over Boulder on Ground

BHS Spotted, on Tumble Track

BHS Spotted, Down Cheese Mat

