



**SKILL GRID**

	<b>LEVEL 1</b>	<b>LEVEL 2</b>	<b>LEVEL 3</b>	<b>LEVEL 4</b>	<b>LEVEL 5</b>	<b>LEVEL 6</b>
<b>LEVEL APPROPRIATE</b>						
<b>Standing</b>	<ul style="list-style-type: none"> <li>Forward Roll</li> <li>Backward Roll</li> </ul>	<ul style="list-style-type: none"> <li>Back Handspring (BHS)</li> </ul>	<ul style="list-style-type: none"> <li>Standing 3 BHS</li> <li>Jump connected to 1 BHS</li> </ul>	<ul style="list-style-type: none"> <li>Standing Back Tuck</li> <li>Standing BHS Tuck</li> <li>Standing series BHS to Tuck</li> </ul>	<ul style="list-style-type: none"> <li>Jump Tuck combination</li> <li>Standing BHS(s) to Layout</li> <li>Standing BHS(s) to X-Out</li> </ul>	<ul style="list-style-type: none"> <li>Jumps to Tuck combination</li> <li>Jumps to BHS Full</li> </ul>
<b>Running</b>	<ul style="list-style-type: none"> <li>Round-off</li> <li>Cartwheel</li> </ul>	<ul style="list-style-type: none"> <li>Round-off BHS(s)</li> </ul>	<ul style="list-style-type: none"> <li>Round-off Back Tuck</li> <li>Round-off BHS Tuck</li> </ul>	<ul style="list-style-type: none"> <li>Round-off Layout</li> <li>Round-off BHS Layout</li> </ul>	<ul style="list-style-type: none"> <li>Round-off BHS Full</li> </ul>	<ul style="list-style-type: none"> <li>Punch Front Round-off BHS Full</li> <li>Round-off BHS Whip to Full</li> </ul>
<b>ADVANCED</b>						
<b>Standing</b>	<ul style="list-style-type: none"> <li>Handstand</li> <li>Forward Roll</li> <li>Back Walkover</li> <li>Front Walkover</li> <li>Valdez</li> <li>Multiple Back Walkovers</li> </ul>	<ul style="list-style-type: none"> <li>Back Walkover BHS</li> <li>Valdez Back Walkover BHS</li> <li>BHS Step out Back Walkover BHS</li> </ul>	<ul style="list-style-type: none"> <li>Standing BHS Stepout</li> <li>Roundoff BHS Tuck</li> <li>Jumps to multiple BHS</li> <li>BHS Toe touch BHS(s)</li> </ul>	<ul style="list-style-type: none"> <li>Jump to BHS Tuck</li> <li>Jump to series BHS Tuck</li> </ul>	<ul style="list-style-type: none"> <li>Jumps BHS(s) to Layout</li> <li>Standing BHS to Whip/Tuck to Layout</li> </ul>	<ul style="list-style-type: none"> <li>Standing BHS(s) to Double Full</li> <li>Jump Standing BHS(s) to Double Full</li> <li>Standing Full</li> <li>Jump to Standing Full</li> <li>Standing BHS(s) to Whip Punch Double Full</li> </ul>
<b>Running</b>	<ul style="list-style-type: none"> <li>Cartwheel</li> <li>Back Walkover</li> <li>Front Walkover to Cartwheel</li> <li>Cartwheel half turn to Front Walkover</li> </ul>	<ul style="list-style-type: none"> <li>Front Walkover to Round-off BHS(s)</li> </ul>	<ul style="list-style-type: none"> <li>Front Walkover to Round-off BHS Tuck</li> <li>Aerial</li> <li>Aerial pause Round-off BHS Tuck</li> <li>Punch Front</li> <li>Punch Front pause Round-off BHS Tuck</li> </ul>	<ul style="list-style-type: none"> <li>Punch Front connected to Round-off BHS Layout</li> <li>Whip to Layout</li> <li>Roundoff BHS Whip Punch Layout</li> <li>Front Handspring Punch Front to Round-off BHS Layout</li> </ul>	<ul style="list-style-type: none"> <li>Front Walkover Round-off BHS Full</li> <li>Punch Front Round-off BHS Full</li> <li>Whip to Full</li> <li>Round-off Arabian pause Round-off BHS Full</li> </ul>	<ul style="list-style-type: none"> <li>Round-off BHS Double Full</li> <li>Punch Front Round-off BHS to Double Full</li> <li>Whip to Double Full</li> </ul>

These are the suggested tumbling skills for each level. We do look at athletes' potential and their overall abilities (stunting, jumps, etc) but nearly every athlete will have all of the appropriate skills for their level and some of the advanced skills. They will be able to perform them with consistency and with good technique.

