

Power Tumbling Levels

Beginning

For students with 0-1yrs of tumbling experience.

Students work on strength, positioning, and skills in preparation for Power 1.

Power 1

For students who have passed off skills needed in beginning and pre-power.

Handstand

Cartwheel

Bend into bridge

Handstand forward roll

Round Off

Back Walk-over

Handstand to Bridge

Tick Tock

Back Extension Roll

Bridge Walk

Back Handspring w/spot

Bridge Kick-over

Front Walk-over

Power 2

Tick Tock

Front Walk-over

Back Walk-over

Standing Back Handspring

Power Front Handspring

Side Aerial

Connecting level 1&2 skills

Power Round Off

Back Walk-over Handspring

Round-off Back Handspring

Front Handspring

Tuck with spot

Power 3

Walk-over Variations

Back Handspring Series

Front Handspring Series

Side Aerial

Front Aerial

Back Layout

Connecting level 1-3 skills

Round Off Back

Handspring Series

Front Handspring Series

Standing Back Tuck

Round-off Back Tuck

Power Punch Front

Power 4

Walk-over Variations

Back Handspring Series

Front Handspring

Side Aerial

Front Aerial

Standing Back Layout

Whip

Full Twist

Connecting level 1-4 skills

Round-off Handspring Tuck

Standing Tuck

Power Punch Front

