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Tumbling Class Requirements

It is our goal to train every student to reach their goals safely and to progress to each tumbling level in a timely manner. We are hoping you will follow these guidelines to assure the success of the student.

- a. Make sure each child is physically capable to move into another level.
- b. Make sure each child can do the skills that will allow them success in the next level.
- c. Make sure each child is put into a position of physical and mental agility to work at their level as to lesson any chances of injury.

Below are the requirements to test out of the level. Please look these over and make sure you are focusing on these skills.

1. **Tumbling Basics** – Anyone can be in the class. To test out of Tumbling Basics you **MUST HAVE**: Back walkover **BY THEMSELVES**, hand stand for 5 seconds, handstand forward roll, forward roll, cartwheel, power hurdle & two-step hurdle.
2. **Tumbling Level 2** – To test out of Tumbling Level 2 you **MUST HAVE**: Standing back handspring, round-off back handspring, two (2) standing back handsprings in a row with a rebound, front walkover/handspring & toe touch back handspring
3. **Tumbling Level 3** – To test out of Tumbling Level 3 **MUST HAVE**: Round-off back handspring back tuck, two (2) standing back handsprings to a tuck, toe touch two (2) back handspring rebound, front tuck/punch front
4. **Tumbling Level 4**- To test out of Tumbling Level 4 you **MUST HAVE**: Standing tuck, round-off back handspring layout, standing back handspring back tuck, toe touch back handspring back tuck
5. **Tumbling Level 5** – Once you reach Tumbling Level 5 you will begin to work on: Standing Full; Round-Off Back Handspring Full/Double Full; Standing Back Handspring (or more) in a row to a Full/Double Full; Multiple/Advanced Jumps into a Back Handspring to a Full/Double Full; Specialty Passes into Fulls/Double Fulls.

How the “Tumbling Wall” Works

1. To get your name on the wall you must take the Leveling Test.
2. Your first test is **FREE** after that to move onto a new level you must pay \$5.00.
3. To take your Leveling Test you must contact Morton. morton@cheergyms.com or 925-685-8176.
4. To remain in a class, you must test to that class’s level. Please see the required skills above for each level.