

# Level 1 – 5 Tumbling Skills List

Based on the USASF (United States All Star Federation) leveling system for cheerleaders

Our **Level System** emphasizes training proper technique and progressions to increase the students' success in learning skills, and to minimize the risk of injury. Instructors are trained to watch for performance technique and consistency when passing skills and levels. This is the most important part of passing a level. Correct Repetition, frequency, and consistency of good technique equals success.

## Level 1

1. Forward Roll
2. Backward Roll
3. Handstand (floor) & against the wall (stomach facing wall) 10 sec
4. Standing Bridge to 5 sec hold with kick over to lunge
5. Handstand to bridge with stand up
6. Handstand to 1 leg bridge (mats) with 1 leg kick over
7. Standing bridge (with 1 leg to mat)
8. Cartwheel (straight line)
9. Round off
10. Power Hurdle & 2 step hurdle into Round off
11. Back handspring drill (over rolly/shoulder height)
12. **\*Front walkover & Back walkover**

## Level 2 & Back handsprings only

1. Front walkover
2. Back walkover
3. Round off back handspring
4. Back handspring
5. Back handspring step out (mat)
6. One arm cartwheel
7. Aerial prep (dive cartwheel)
8. Front handspring (mats)
9. Round off 2 back handsprings (mats)
10. Standing 2 back handsprings (mats)
11. Standing 3 back handsprings (anywhere/round off or standing)
12. Back tuck (over rolly - shoulder height)
13. **Front handspring step out round off back handspring**

## Level 3 & Back Tucks only

1. Round off back tuck
2. Round off back handspring back tuck
3. Standing back handspring Series 3x
4. Front tuck

## Level 3 & Back Tucks only (con t.)

5. Aerial (off bi-fold)
6. Front handspring punch
7. Standing tuck (mat)
8. Standing back handspring step out round off back handspring back tuck
9. Front handspring step out Round off back handspring back tuck
10. **Round off 3 back handsprings to back tuck**

## Level 4 & Twisted Tumbling

1. Lay out
2. X-out
3. Lay out step out
4. Aerial
5. Arabian front
6. Back handspring back tuck
7. Front handspring front tuck
8. Standing tuck
9. Front flip step out round off back handspring to layout
10. Whip back handspring through to layout
11. Whip Layout (tumble trak)

## Level 5 & Twisted Tumbling

1. Lay out with full twist
2. Back tuck punch-back tuck or whip whip combo
3. Front handspring layout
4. Front tuck punch front tuck
5. Whip combo through to full
6. Back tuck punch front tuck
7. Skip aerial or standing aerial
8. Standing Back handspring full twisting layout
9. Standing full (mat)
10. One and a half twisting layout
11. Double full twisting layout

All skills are to be performed on the floor (unless noted) at least 3 times safely, correctly and consistently in a row to pass.

\*Bold faced skills will be taught in classes but are not mandatory in order to progress to the next level

Evaluations are week 6 of every 8 week session.

Certificates will be issued upon passed levels. 01-01-15