

TUMBLING FOR DANCERS SKILL REQUIREMENTS FOR EACH LEVEL

Level 1: no skill requirements. Must be patient attaining skills in the manner requested and maintain attendance.

Level 2 skill requirements: to be enrolled in level 2, you must have all the following skills prior to enrollment:

- All positions tuck, straddle, pike forward & backward roll
- Handstand (using the lunge, lever, lift method)
- Handstand forward roll
- Front Limber & Front Walkover
- Back Walkover
- Cartwheel from a lunge down a line ending in a lunge facing the correct direction
- RO from off from a lunge
- Knowledge of all body shapes discussed in warm up (front support, back support, arch up hold, straight, bent, tuck straddle, pike, hollow, lunge, lever)
- Round off rebound from power hurdle & Round off rebound from step hurdle

Level 3 skill requirements: to be enrolled in level 3, you must have all the following skills prior to enrollment:

- All level 2 skill requirements + the following skills
- Standing Back handspring on a mat
- Round off back handspring on a mat
- Side aerial from standing (off lowest end of panel mat...minimum)
- Side aerial from step hurdle on the floor
- Valdez (working knowledge of the skill and be able to get to at least phase 2)
- Head spring (working knowledge of the skill and be able to get to at least phase 2)
- Beginning Spider Drills (knowledge of in & outs)

Level 3.5 skill requirements: to be enrolled in level 3.5, you must have all the following skills prior to enrollment:

All level 2 & 3 skill requirements + the following skills:

- Completely unassisted on the floor (not a mat)
 - Standing side aerial
 - Step hurdle side aerial
 - Chane turn side aerial
 - Standing back handspring
 - Round off back handspring
- Multiple standing back handsprings on a mat or tumble track
- Round off multiple standing back handsprings on a mat or tumble track
- Standing Front aerial at lowest level of panel mat
- Step hurdle front aerial on to mat
- Valdez (unassisted on the floor)
- Head spring (at least down the wedge mat)

Level 4 skill requirements: to be enrolled in level 4, you must have all the following skills prior to enrollment:

All level 2, 3, and 3.5 skills + the following:

- Standing multiple back handsprings on the floor
- Round off multiple back handsprings on the floor
- Round off back handspring tuck at least off end of tumble track
- Standing two back handsprings to a tuck off end of tumble track
- Standing & step hurdle front aerial on the floor
- Headspring
- Spider