

TUMBLING BEGINNER EVALUATION						
			Gymnast Name: _____		Age: _____	
			Class Day: _____		Class Time: _____	
					Date: _____	
Flexibility		Star Value	Beginner Tumbling List		Star Value	
Skin the Cat		1. 2. 3. 4.	Positions-			
Toe Point		1. 2. 3. 4.	Front			1. 2. 3. 4.
Pike		1. 2. 3. 4.	Back			1. 2. 3. 4.
Right Split		1. 2. 3. 4.	Side			1. 2. 3. 4.
Left Split		1. 2. 3. 4.	Landings-			
Middle Split		1. 2. 3. 4.	Fall Back			1. 2. 3. 4.
Bridge		1. 2. 3. 4.	Fall up (forwards)			1. 2. 3. 4.
			Fwd Rolls			1. 2. 3. 4.
Trampoline		Star Value	Bwd Roll			1. 2. 3. 4.
Knee Drop		1. 2. 3. 4.	Log Roll			1. 2. 3. 4.
Tuck Jump		1. 2. 3. 4.	Candlestick			1. 2. 3. 4.
Split Jump		1. 2. 3. 4.	Donkey Kick			1. 2. 3. 4.
Seat Drop		1. 2. 3. 4.	Handstand			1. 2. 3. 4.
Straddle Jump		1. 2. 3. 4.	Headstand			1. 2. 3. 4.
Jump 1/2 Turn		1. 2. 3. 4.	Dive Roll			1. 2. 3. 4.
Dive Roll to 8"		1. 2. 3. 4.	Cartwheel			1. 2. 3. 4.
			Handstand Fwd Roll			1. 2. 3. 4.
Notes:			Headstand			1. 2. 3. 4.
			Bwd Roll to Push up Position			1. 2. 3. 4.
			3x Cartwheels			1. 2. 3. 4.
			Round off			1. 2. 3. 4.
			Bwd Limber			1. 2. 3. 4.
			Fwd Limber			1. 2. 3. 4.