

## Tumbling Skill List

### **BEGINNER**

- Handstand (against wall)
- Cartwheel to lunge
- Forward rolls
- Backward rolls
- Bridges
- Hurdles
- Kick to handstand
- Cartwheel step-in “7”
- Hurdle to cartwheel “7”
- Round off
- Backward roll to pike stand
- Bridge kickover