

LEVEL 1

Jumps	Standing Tumbling	Running Tumbling
1 Jump	Forward Roll	Round Off
	Backward Roll	Cartwheel Back Walkover
	Back Walkover	Front Walkover Cartwheel
	Front Walkover	
	Cartwheel	

LEVEL 2

Jumps	Standing Tumbling	Running Tumbling
2 Connected Jumps	Back Hand Spring	Round Off Back Hand Spring
	Bach Hand Spring, Pause, Back Hand Spring	Round Off Back Hand Spring Series
	Back Walkover, Back Hand Spring	Front Walk Over Through to Round Off Back Hand Spring
	Front Walk Over Bach Hand Spring	Round Off Back Hand Spring Step Out Round Off Back Hand Spring
	Back Hand Spring Step Out Back Hand Spring	Front Walkover Round Off Back Hand Spring Step Out Round Off Back Hand Spring

LEVEL 3

Jumps	Standing Tumbling	Running Tumbling
3 Connected Jumps	3 Back Hand Springs	Round Off Back Hand Spring Tuck
	Back Hand Spring Step Out Round Off Bach Hand Spring Tuck	Round Off Tuck
		Front Walkover Round Off Back Hand Spring Tuck
		Punch Front Forward Roll Round Off Back Hand Spring Tuck
		Punch Front
		Ariel Round Off Back Hand Spring Tuck

LEVEL 4

Jumps	Standing Tumbling	Running Tumbling
4 Connected Jumps	3 Back Hand Springs	Round Off Back Hand Layout
4 Connected Jumps to Back Hand Spring Tuck	Back Hand Spring Step Out Round Off Bach Hand Spring Tuck	Round Off Whip 2 Back Hand Springs Layout
		Punch Front Through to Layout
		Cartwheel Tuck
		Front Walkover Through to Layout
		Round Off Back Hand Spring Whip Punch Layout
		Round Off Back Hand Spring Layout Step Out
		Front Handspring Front Tuck Through to Layout