

Skills that need to be completed before enrolling into an Advanced Tumbling class:

- Cartwheel, pause for three seconds on a block
- Dive roll onto 80cm mats
- 3 second handstand hold, with lever
- Back walkover
- Back extension to piked handstand on a block
- 7 proper push-ups
- Jump $\frac{1}{2}$ turn, motorcycle landing from knee-high
- Hollow hold, hands over head for 10 seconds
- Back handspring sliding drill to upturned pacman
- Handstand fall to back on mat

Skills that need to be completed before enrolling into an Advanced Trampoline class:

- 3 needles.
- Front tuck (with spot, onto mat)
- Straight body set (with spot)
- Minimum 8 swivel hips
- $\frac{1}{2}$ twist to back drop
- HKD , $\frac{1}{2}$ twist to back drop, $\frac{1}{2}$ twist to HKD

ROUTINE

1. Pike jump
2. Seat drop
3. Swivel hips
4. $\frac{1}{2}$ twist to feet
5. Tuck jump
6. Front drop
7. To feet
8. Straddle jump
9. Back drop
10. $\frac{1}{2}$ twist to feet