

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

- Dive roll onto 80cm mats
- 3 second handstand hold
- Round off to backroll
- Back walkover
- Front Walkover
- Back extension to piked handstand on a block
- 7 proper push-ups
- Hollow hold, hands over head for 10 seconds
- Back handspring sliding drill to boulder
- Front tuck

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

- 3 needles.
- Back drop to stomach drop
- Front tuck (onto mat)
- $\frac{1}{2}$  airplane
- 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. Straddle jump
2. Tuck jump
3. Seat drop
4.  $\frac{1}{2}$  twist to feet
5. Pike jump
6. Front drop
7. To feet
8. Back drop
9.  $\frac{1}{2}$  twist to feet