



# TUMBLING PROGRESSION CHART

Tumbling Level Sets	Skills in Set		
1.1	FWD ROLL	BWD ROLL	TUCKED HS/L HS
1.2	HS	CW	BRIDGE KICKOVER/STANDING BRIDGE/HS BRIDGE
1.3	FWO	BWO	PH R/O
1.4	FWO CW	PS R/O	CW BWO
PREP 2A	R/O JUMP BACK	BOULDER BHS	BACK LIMBER SNAP DOWN
PREP 2B	R/O BHS ON TRAMP	INCLINE BHS	DIVE ROLL
2.1	R/O BHS	ST BHS	FHS
2.2	R/O 2 X BHS	BWO BHS/CW BHS	FHS R/O
2.3	R/O 3 X BHS	FHS R/O BHS	BHS STEP OUT
PREP 3A	BHS JUMP BCK	T-JUMP BHS	ST 2 X BHS
PREP 3B	R/O BHS TUCKED CANDLE ROLL	TRAMP FT	TRAMP BHS BTUCK
3.1	R/O BHS BTUCK	3 X BHS REBOUND	JUMP BHS
3.2	R/O 3 X BHS BTUCK	FT	PH R/O BTUCK
3.3	FT PH R/O BHS BTUCK	BHS STEOPUT 2 X BHS	BHS STPOUT R/O BTUCK
PREP 4A	R/O BHS CANCEL	PANEL MAT ST	TRAMP FT STEPOUT
PREP 4B	TRAMP R/O BHS LO	3 X BHS BTUCK	FT STEPOUT R/O
4.1	ST BTUCK	R/O BHS LO	2 X BHS BTUCK
4.2	BHS BTUCK	FT STEPOUT R/O BHS BTUCK	CARTWHEEL TUCK
4.3	FT STEPOUT R/O BHS LO	BHS STEPOUT BTUCK	
PREP 5A	2 X BHS LO	JUMP BTUCK	RO BHS 1/2 TWIST
PREP 5B	BHS LO	RO BHS FULL	
5.1	3 X BHS FULL	FT R/O BHS FULL	BHS STEPOUT LO
5.2	2 X BHS FULL	RO BHS 1 1/2 TWIST	
5.3	BHS FULL	R/O BHS DOUBLE	
5.4	3 X BHS DOUBLE	FT STEPOUT R/O BHS DOUBLE	BHS STEOPUT BTUCK FULL
5.5	2 X BHS DOUBLE	ST FULL	
5.6	ST BHS DOUBLE	JUMP TO ST FULL	

## KEY

FWD = Forward  
 BWD = Backwards  
 HS = Handstand  
 BTUCK = Back Tuck

CW = Cartwheel  
 FWO = Front Walkover  
 BWO = Back Walkover  
 FT = Front Tuck

PH = Power Hurdle  
 R/O = Round Off  
 BHS = Back Handspring  
 LO = Layout

ST = Standing  
 FHS = Front Handspring  
 TRAMP = Tramp  
 PS = Power Step



# HOW DOES THE CHART WORK?

The tumbling progressions chart is created to help athletes understand the tumbling requirements and progressions within each level. It is important to follow the chart to ensure athlete safety and correct progression. The chart provides the building blocks for all future skill sets. Each level involves level sets and they are represented by being numbered as 1.1, 1.2 etc. Athletes should not move up a level set until all 3 elements in the set are completed. We have also included preparation sets for each level and these are required before beginning the next level e.g. PREP 2B is required before starting 2.1 set. Skills within a set can be worked at the same time and some athletes may be asked to work skills out of set at the discretion of the coaches.

Level	Recommended Time to Master the Level	Recommended Sessions Per Week
1	2 YEARS	1 X TUMBLING
PREP 2	6 MONTHS	
2	2 YEARS	1 X TUMBLING 1 X STRENGTH & CONDITIONING
PREP 3	6 MONTHS	
3	2 YEARS	1 X TUMBLING 1 X STRENGTH & CONDITIONING
PREP 4	6 MONTHS	
4	2 YEARS	2 X TUMBLING 1 X STRENGTH & CONDITIONING
PREP 5	1 YEAR	
5	2-5 YEARS	2 X TUMBLING 2 X STRENGTH & CONDITIONING

For each level we have a recommended time to master the level along with the recommended sessions per week in tumbling and strength and conditioning. These are recommended on top of your regular cheer team practices. The recommended time to master the level is only an estimate and as every athlete is different this time frame can vary.

## MORE INFORMATION?

If you would like to find out where you/your athlete is on the chart you can book a tumbling assessment. This assessment is a 30-minute session ran similar to a private lesson but focusing on your athletes' current skill level and future goals. You will receive a tailored action plan to identify weaknesses and strengths and suggestions towards future improvement.

# BOOK A LESSON NOW!

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