

INTERMEDIATE TUMBLING APPARATUS



TUMBLE FLOOR



- Gymnastics Static Postures & Positions
- Dive Roll Development
- Assorted Backward roll Combinations
- Handstand Forward Roll
- Roundoff Development
- Assorted Jumps and landings
- Assorted Locomotive Movements
- Back Handspring Development
- Front Handspring Development
- Additional Development
 - Foam Pit
 - Back Saltos, Barani, Aerials
- Assorted Jumps from a box and mini trampoline,
- Assorted Height Jumps and Landings
- Safety Falls

TRAMPOLINES



- Twisting Skills
 - ½ twist to front drop, to feet
 - Front drop, ½ twist to feet
 - Back drop, ½ twist to feet
 - ½ twist to back drop, to feet
 - Seat drop, 1 full twist to seat), to feet
- Combinations
 - Half (½) twist to front, to feet, tuck jump, tuck front sault
 - Three quarter front sault, half (½) twist to feet, straddle pike jump, full twist jump
- Rotational skills
 - Forward rotation- back drop, through to front drop, to feet
 - Backward rotation- front drop, through to back drop, to feet
 - ¾ front sault, to feet
 - Tucked front sault

INTERMEDIATE TUMBLING PREPARATION



BODY PREPARATION

- Tuck sit, rock n roll, rock n roll to stand up on one leg
- Angry Cat/Happy Cat
- Front support/back support/side support/plank and side plank
- Dish/Arch/side hollow holds and rocks
- Straight shape
- Tuck, pike, L handstand, wall handstand, free handstand, handstand walking
- Correct take-off and landing technique
- Falls training

STRENGTHENING

- Chin ups, chin up holds, chin up pullovers
- Tuck hang, tuck ups, tuck throughs
- L hangs and leg lifts
- Push ups and Dips
- Inverted rows
- Support holds and walks
- Sit ups, tuck snaps and V-snaps
- Rope climb in feet
- 40-50cm box jumps
- Single leg squats, hops and lunges

FLEXIBILITY

- Pike
- Straddle Pancake
- Right Split
- Left Split
- Middle Split
- Bridge and Kick overs
- Front, Back and Side kicks
- Split Jump, Straddle Jump, Pike Jump

ADVANCED TUMBLING APPARATUS



TUMBLE FLOOR



- Gymnastics Static Postures & Positions
- Assorted Forward and Backward roll Combinations
- Handstand Spring Connections
- Roundoff Connections
 - Back Handsprings, Whips
 - Saltos (Tuck, Pike, Layout)
 - Twisting
- Assorted Jumps and landings
- Assorted Locomotive Movements
- Additional Development
 - Foam Pit
 - Barani, Aerials
 - Double Saltos (FWD & BWD)
- Assorted Jumps from a box and mini trampoline,
- Assorted Height Jumps and Landings
- Safety Falls

TRAMPOLINES



- Skills and Connections
 - Back sault (tuck)
 - Front sault (tuck) with late ½ twist - (barani)
 - Back drop, backover to feet
 - Front drop, front cody to feet
 - Back drop, rebound, to feet
 - Front sault (pike)
- Combinations
 - Three skill combination including back sault (tuck) & front sault (tuck)
 - Three skill combination including two saulting skills, one of which must be initiated from a front or back takeoff.
- Skills and Connections
 - Back drop, cradle, to feet
 - Full (1) twist to back drop, to feet
 - Back drop, cat twist (1 full twist to back drop), to feet
 - Front drop, half back sault with late ½ twist to front drop

ADVANCED TUMBLING PREPARATION



BODY PREPARATION



- Tuck sit, rock n roll, rock n roll to single leg hop
- Angry Cat/Happy Cat
- Front support/back support/side support/plank and side plank
- Dish/Arch/side hollow holds, rocks, kicks and other variations
- Straight shape
- Tuck, pike, L handstand, wall handstand, free handstand, handstand walking, handstand push ups, straddle to handstand, press to handstand
- Correct take-off and landing technique
- Falls training

STRENGTHENING



- Chin ups, chin up holds, chin up pullovers, chin up levers
- Tuck hang, tuck ups, tuck throughs
- L hangs, leg lifts, L leg lifts and other variations
- Push ups and Dips and other variations
- Inverted rows, standing rows, renegade rows etc.
- Support holds and walks
- Sit ups, tuck snaps, V-snaps and other variations
- Rope climb in feet
- 50cm + box jumps
- Single leg squats, hops, lunges, deadlifts, calf raises, bridges etc.

FLEXIBILITY



- Pike
- Straddle Pancake
- Right Split
- Left Split
- Middle Split
- Bridge and Kick overs
- Front, Back and Side kicks
- Split Jump, Straddle Jump, Pike Jump