

LEVEL UP CHALLENGE

Level 1

NAME _____ CURRENT TEAM _____

RUNNING TUMBLING SKILLS	COACH INITIALS
CARTWHEEL - BWO SERIES	
FWO - CARTWHEEL	
FWO - CW - BWO/BWO SERIES	
FWO - CW - BWO SWITCH LEG	
HANDSTAND - FORWARD ROLL - CARTWHEEL BWO	
CARTWHEEL - BWO/BWO SWITCH LEG	

STANDING TUMBLING	COACH INITIALS
BWO SWITCH LEG	
BWO SERIES	
BACK EXTENSION ROLL - BWO/BWO SERIES	
VALDEZ	
BACK WALKOVER (BWO)	
BWO - BACKWARD ROLL - BWO	
BACK EXTENSION ROLL	

STUNT SKILLS ACCOMPLISHED:



LEVEL UP CHALLENGE

Level 2

NAME _____ CURRENT TEAM _____

RUNNING TUMBLING SKILLS	COACH INITIALS
FHS SERIES	
BOUNDER / FLYSPRING	
CW - BHS SERIES	
RO - BHS SERIES	
FWO - RO - BHS / BHS SERIES	
CW - BHS STEP OUT - BWO - BHS / BHS SERIES	

STANDING TUMBLING	COACH INITIALS
BWO - BHS STEP OUT - BWO	
BWO SWITCH LEG - BHS	
BHS STEP OUT - BWO - BHS	
VALDEZ - BHS / BHS STEP OUT	
BACK WALKOVER (BWO) - BHS	
BWO - BHS STEP OUT	
BHS STEP OUT - BWO	

STUNT SKILLS ACCOMPLISHED:



LEVEL UP CHALLENGE

Level 3

NAME _____ CURRENT TEAM _____

RUNNING TUMBLING SKILLS	COACH INITIALS
FWO - AERIAL	
RO - BHS - TUCK	
FHS - PF	
FWO - RO - TO - TUCK	
FLYSPRING - RO - TO - TUCK	
PUNCH FRONT (PF)	

STANDING TUMBLING	COACH INITIALS
BHS STEP OUT - BHS SERIES	
BHS - BHS - BHS OR MORE	
BWO - BHS SERIES	

STUNT SKILLS ACCOMPLISHED:



LEVEL UP CHALLENGE

Level 4

NAME _____ CURRENT TEAM _____

RUNNING TUMBLING SKILLS	COACH INITIALS
RO - BHS - LAYOUT / LAYOUT STEP OUT / X-OUT	
PF STEP OUT - RO - TO - LAYOUT	
RO - TO - WHIP - TO - LAYOUT	
FRONT HANDSPRING - PF STEP OUT - RO - TO - WHIP - TUCK	
AERIAL - BACK TUCK	
FRONT AERIAL	

STANDING TUMBLING	COACH INITIALS
BHS STEP OUT - TUCK	
BHS - TUCK	
BWO - TUCK	
BACK TUCK	

STUNT SKILLS ACCOMPLISHED:



LEVEL UP CHALLENGE

Level 5

NAME _____ CURRENT TEAM _____

RUNNING TUMBLING SKILLS	COACH INITIALS
RO - BHS - FULL	
FRONT FULL	
FWO - RO - TO - FULL	
BARANI - TO - FULL	
PF STEP OUT - RO - TO - FULL	
RO - TO - WHIP - TO - FULL	
PF STEP OUT - RO - TO - WHIP - TO - FULL	
ROUND OFF - ARABIAN	
FHS - BARANI	

STANDING TUMBLING	COACH INITIALS
BHS - WHIP - TUCK	
BHS - LAYOUT	
BHS SERIES - LAYOUT	
BHS SERIES - WHIP - TUCK	

STUNT SKILLS ACCOMPLISHED:

