

LEVEL UP CHALLENGE

Level 1 Prep

NAME _____ CURRENT TEAM _____

RUNNING TUMBLING SKILLS	COACH INITIALS
CARTWHEEL (CW)	
CARTWHEEL - BACKWARD ROLL	
HANDSTAND - FORWARD ROLL	
CARTWHEEL - BWO/or BWO SWITCH LEG	
ROUND OFF (RO)	
FRONT WALKOVER (FWO) / FWO SERIES	
CARTWHEEL - BWO SERIES	

STANDING TUMBLING	COACH INITIALS
FORWARD ROLL/ STRADDLE ROLL/ BACKWARD ROLL	
PUSHUP TO BACKBEND	
BACKBEND KICK OVER	
STANDING BACKBEND	
FRONT LIMBER / BACK LIMBER	
BACK WALKOVER- (BWO)	
BWO - BACKWARD ROLL - BWO	
BACK EXTENSION ROLL	

STUNT SKILLS ACCOMPLISHED:



LEVEL ^{UP} CHALLENGE

Level 2 Prep

NAME _____ CURRENT TEAM _____

RUNNING TUMBLING SKILLS	COACH INITIALS
CARTWHEEL (CW) - BHS	
ROUND OFF (RO) - BHS	
RO - BHS STEP OUT	
CW - BHS STEP OUT	
FLYSPRING	
RO - BHS SERIES	

STANDING TUMBLING	COACH INITIALS
BACK HANDSPRING (BHS)	
BHS STEP OUT	
BACK WALKOVER (BWO) - BHS	
BHS STEP OUT - BWO	
BWO - BHS STEP OUT	
BWO - BHS STEP OUT - BWO	
VALDEZ - BHS /or BHS STEP OUT	

STUNT SKILLS ACCOMPLISHED:

