



## **Advanced Tumbling**

*Please look over the following goals for your child's class.*

Dear Parents and Tumblers,

Welcome to American Allstars Gymnastics Academy! We are very excited to have your family join our family. Our goal is to make sure that every tumbler gets the most out of their time with us, so they will be placed in skill appropriate classes. Coaches will monitor and record each tumbler's progress on a continuous basis and will notify you as soon as your child has mastered all of the goals of their class and is ready to move up to the next level.

Your child's safety is our top priority, so our coaches will teach skills using proper progressions. This requires that certain skills be mastered before moving on to more difficult ones. If you have any questions regarding your child's progress please feel free to contact the main office at **248-668-9805**.

Again, we welcome you and thank you for giving us the opportunity to teach and mentor your child during their tumbling experience.

*Very Sincerely,*

American Allstars Staff

[www.AmericanAllstarsKids.com](http://www.AmericanAllstarsKids.com)

### **Floor:**

- \* Straight arm handstand forward roll
- \* Front walkover
- \* High leg back walkover
- \* Dive cartwheel
- \* Aerial cartwheel
- \* Dive forward roll
- \* Back extension roll
- \* Handstand pirouette
- \* Beginning press handstand
- \* Front handspring
- \* Power and step hurdle round off rebound
- \* Standing back handspring
- \* Round-off back handspring
- \* Front tuck

### **Strength & Flexibility:**

- \* Hollow body hold for 30 seconds
- \* Arch body hold for 30 seconds
- \* Push up position hold 30 seconds
- \* 15 Push ups
- \* 20 Double crunches
- \* Progressive right, left, and center splits
- \* Bridge hold with shoulders pushed over hands
- \* 7 second handstand hold
- \* 10 Shoulder shrugs and handstand snap downs
- \* 20 toe raises
- \* 1,2,3 back handspring drill

### **Jumps:**

- \* Straight and tuck jump 1/1 turn
- \* Straddle
- \* Wolf
- \* Split jump and split leap