

# TUMBLING PRE-REQUISITES



## TINY TUMBLERS (AGE 3-4)

Potty-trained

## BEG. TUMBLING (AGE 5-6)

Potty-Trained

## BEG. TUMBLING (AGE 7+)

Age 7+

## INT. TUMBLING (AGE 7+)

Forward & Backward Roll  
Handstand Forward Roll  
Back & Front Limber  
Cartwheel & 1 Handed-Cartwheel  
Roundoff

## ADV. TUMBLING (AGE 7+)

Back Handspring  
Side Aerial