

Tumbling High Performance Coach (Cycle 6) Syllabus

Module 1

Practical:

Full in 1½ twist out pucked
Full in 1½ twist out stretched
Full in Double-full out pucked
Full in Double-full out stretched
(stretched Miller)
Double-full in Double-full out
(stretched Killer)

Module 2

Practical:

Triple back tucked
Triple back piked
Triple back stretched
Half in Triple (Arabian) tucked
Half in Triple (Arabian) pike
Full in Double tucked out
Full in Double piked out
Full full full out pucked
Quadruple back tucked