

Tumbling Gymnastics Level 2 (Cycle 6) Syllabus

Practical Delivery:

Linked handsprings
Round off flics
Whip
Whips/flic series
Tuck backwards somersault
Pike backwards somersault
Straight backwards somersault
Straight back 180°
Tuck forwards somersault
Pike forwards somersault
Straight forwards somersault
Barani
Arabian

Rebound Only:

Double twist
Double somersaults