

Tumbling Performance Coach (Cycle 6) Syllabus

Module 1

Double Somersault with 360°:

1/1 in back out tuck
1/1 in back out pike
1/1 in back out puck
Full in back out straight

Double Somersault with 360° (Second Somersault)

Full out puck
Full out straight

Double Somersault with 180°

Back in ½ out puck
Back in ½ out straight
Double arabian tucked
Double arabian piked
Double arabian straight

Double Somersault with 360°

1/1 in ½ out tucked Double

Somersault with 180°

Double tucked front ½ out

Double Somersault with 360°

½ in ½ out tucked

Miscellaneous, Roundoff for Somersault

Module 2

Double Somersault Transition:

Double tuck transition
Double pike transition
Double puck transition
Double straight transition

Double Somersault with 360°

Full in straight transition
Full out straight

Fine Tuning the Transition