

## Tumbling High Performance Coach (Cycle 5) Syllabus

### Backward Somersaults:

Back somersault with 3/1 turns  
Double layout  
Double back with 1/1 out  
Tsukahara  
Full in back out tucked  
Whip back into double tuck salto  
Whip back into back salto with ½, 3/2,  
2/1 turns

### Forward Somersaults:

Front somersault stretched with 3/2 and  
2/1 turns  
Stretched front, stretch front  
Front 1/1 combinations

### Combination Tumbles:

Back salto ½ turn into punch front with 1/1  
and 3/2 turns  
Back salto punch front  
Back salto with 1/1 into punch front

### Tumbling Runs:

Construction of tumbling runs according to  
the FIG Code