

Tumbling International Performance Coach (Cycle 5) Syllabus

Tumbling elements:

Double back somersault tucked with 2/1 turns

Double layout with 1/1, 2/1 turns

Double Arabian somersault

Fly spring or handspring double front somersault

Triple back somersault.

Other Advanced Tumbles:

Recently developed or future complex elements or combinations of tumbles, and transitions including direct or counter rotation somersaults with and without twists)

