

## Tumbling Senior Club Coach (Cycle 5) Syllabus

### **Tumbling Elements:**

Hecht leap with  $\frac{1}{2}$  turn to roll (Arabian Roll)

Combination of 2 whips, flip and somersault combinations

Double back somersault tucked/piked

Back somersault stretched with  $\frac{1}{2}$ ; 1/1; 3/2; 2/1 turns, 360 whip; side somi; piked back somi with kick out

Front somersault stretched with  $\frac{1}{2}$  and 1/1 turn

1 $\frac{1}{4}$  front somersault

Consecutive tempo front somersaults tucked and stretched

### **Tumbling Runs:**

National Development Plan 5 + World Age Group Games regulation runs

