

## Tumbling Club Coach (Cycle 5) Syllabus

### Elements:

Handspring; Flyspring; and combinations

Free cartwheel; Free Walkover

Round off; backflip, series of flicks,  
round off backflip

Roundoff, flick, whip, flick

Somersaults – forwards and backwards,  
tucked, piked and stretched

Round off, backflip, back salto  
tucked/stretched

Roundoff, backflip, arabian somersault  
and straight 180° walkout

Handspring front salto; Handspring;  
flyspring front salto

Combinations of the elements above to  
produce tumble runs as per NDP 2002  
Regional level 3 and National levels 1-3

### Safety and Spotting:

#### Rebound

Safety

Trampoline

Use of the Trampette and Trampoline

### Pairs and Groups:

#### Elements

Handspring

Handspring to 1, handspring to 2

Series of roundoffs

Round off 180° jump, dive roll

180°, 360°, 540° jump

Straddle jump

Round off; backflip

Series of backflips

Set tumble runs from NDP for tumbling 2002  
Grades Regional 3 and National 1 and 2