

Tiny Tumblers	Fundamentals	Beginner	Level 1 Skills	Level 1.5 Skills	Level 2 Skills	Level 2.5 Skills	Level 3 Skills	Level 4 Skills
3-4 YEAR OLDS	5- 7 YEAR OLDS	8YEARS +						
Listening Skills	Listening Skills	Hollow/ Superman Body Positions 15 sec	Hollow/ Superman Body Positions 20second	BackWalkover	Opposite Side Back-Walkover	Pike, Straddle, Tuck Handstand Ups	Standing 2 Back Handsprings	
Body Control	Pike, Straddle, Tuck Body Positions	Push up to Bridge	Bridge 10second	Front Walkover	Handstand Hops	Back Handspring Step Out	Toe Touch BHS Series	
Supermans	Supermans 10second	Backward Roll to plank	Back Extension Roll	Cartwheel Back WalkOver	Power Hurdle Roundoff	Front Handspring	Roundoff Back Handspring (and series) Back Tuck	
Forward Rolls/ Backward Rolls	Lunge + Lever	Kick to Handstand	Handstand RollDown	Back WalkOver Switch Leg	Opposite Side Front Walkover	Front Handspring Step-Out	Cartwheel Back Tuck	
Bear Crawls	Forward Rolls/ Backward Rolls	L Handstand (Both Sides)	One-Handed Cartwheel (Both Sides)	Power Hurdle	Back Handspring	Front Handspring Roundoff Back Handspring Series	Back Handspring Back Tuck	
Bounders/ Hops	Candlestick Roll	Left Cartwheel	BackBend	Roundoff	Roundoff Back Handspring	Both side splits to the ground	Roundoff BackTuck	
Skipping	Handstand	Right Cartwheel	Bridge KickOver	One side split to the ground (left or right)	Roundoff 2 Back Handsprings		Front Tuck/ Front Punch	
Rock and Rolls	High Plank	Candlestick Jump	Front Limber		BackWalkover Back Handspring		Aerial	
Lunge	Bridge		Tick-Tock Bridge (Both Sides)	<b>Level 1 Combo Passes</b>		<b>Level 2 Combo Passes</b>	<b>Level 3 Combo Passes</b>	
Crab Bridges	Cartwheel			BackWalkover Series		Back Extension Roll BHS	BHS Series JUMP BHS Series	
Handstands				Back Extension Roll Backwalkover		BWO Switch Leg BHS	JUMP BHS JUMP BHS	
Bridge* when ready				Valdez		BWO BHS StepOut BWO	BHS StepOUT BHS Series	
				Front Walkover Cartwheel		BHS Step Out BWO BHS	FHS Aerial	
				Front Walkover Cartwheel Backwalkover Series		Valdez BHS	RO BHS Step Out 1/2 Turn RO Tuck	
				Front Walkover Cartwheel Backover Switch Leg		Valdez BHS Step Out	FWO RO Tuck	
						Series FHS	Bounder/Flyspring RO Tuck	
						Bounder/ Flyspring		
						FWO RO BHS Series		
						RO Or CW BHS Step Out BWO BHS series		