

# Ocala Athletix Tumbling Skills

- It is expected that all tumbling will be performed with strong execution.
- In order to attend the leveled clinics, all skills must be performed on the spring floor with no spotting.
- It is recommended that athletes are able to demonstrate the Elite Tumbling Skills for their level to truly be considered a strong athlete at this level. Athletes who do not possess the Elite Tumbling Skills may or may not be considered for a lower level that they are strong in. However, some may be needed on a level without having the Elite Tumbling Skills to fulfill other purposes.
- The clinic level that you attend may or may not ultimately match the level team you are placed on. Our teams are not based 100% on tumbling.

## ABBREVIATIONS GLOSSARY

<b>BWD</b> – Backward <b>FWD</b> –Forward <b>CW</b> – Cartwheel <b>HS</b> – Handstand <b>RO</b> – Round-off	<b>TT</b> – Toe Touch <b>BXTR</b> – Back Extension-roll <b>BWO</b> – Back-walkover <b>FWO</b> –Front-walkover	<b>BHS</b> – Back-handspring <b>FHS</b> –Front-handspring <b>PF</b> – Punch-front <b>PFSO</b> – Punch-front Step-out <b>Arab</b> – Arabian	<b>SO</b> – Step-out <b>LO</b> – Layout <b>F</b> –Full <b>DF</b> – Double Full
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### LEVEL 1 ATHLETE

#### LEVEL APPROPRIATE - STANDING TUMBLING RUNNING TUMBLING

- |                 |                |                    |
|-----------------|----------------|--------------------|
| • Forward Roll  | • Cartwheel    | • Bridge Kick Over |
| • Handstand     | • BWD Straddle | • Stand to Bridge  |
| • Backward Roll | • Bridge-up    | • CW-BWD Roll      |

#### ADVANCED LEVEL APPROPRIATE - STANDING TUMBLING RUNNING TUMBLING

- |                  |                    |
|------------------|--------------------|
| • BXTR           | • Round Off        |
| • Front Walkover | • BWO-BWD Roll-BWO |
| • Back Walkover  | • FWO/FWO Series   |
| • HS-FWD Roll    | • CW-BWO           |

#### ELITE LEVEL APPROPRIATE - STANDING TUMBLING RUNNING TUMBLING

- |                       |                         |
|-----------------------|-------------------------|
| • BWO Series          | • FWO-CW/RO             |
| • BWO Switch Leg      | • FWO-CW-BWO/BWO Series |
| • BXTR-BWO/BWO Series | • FWO-CW-BWO Switch Leg |
| • CW-BWO Series       |                         |

### LEVEL 2 ATHLETE

#### LEVEL APPROPRIATE STANDING TUMBLING RUNNING TUMBLING

- |                |                        |
|----------------|------------------------|
| • Standing BHS | • Cartwheel BHS/BHS SO |
| • BHS SO       | • RO BHS               |

#### ADVANCED LEVEL APPROPRIATE STANDING TUMBLING RUNNING TUMBLING

- |              |                    |
|--------------|--------------------|
| • BXTR-BHS   | • CW-BHS Series    |
| • BWO- BHS   | • Front Handspring |
| • BWO-BHS SO | • RO-BHS Series    |
| • RO-BHS SO  | • FWO-FHS          |

#### ELITE LEVEL APPROPRIATE STANDING TUMBLING RUNNING TUMBLING

- |                      |                                |
|----------------------|--------------------------------|
| • BWO-BHS SO-BWO     | • FWO-RO-BHS/BHS Series        |
| • BWO Switch Leg-BHS | • CW-BHS SO-BWO-BHS/BHS Series |
| • BHS SO-BWO-BHS     | • RO-BHS SO-BWO-BHS/BHS Series |
| • Series FHS         |                                |

### LEVEL 3 ATHLETE

#### LEVEL APPROPRIATE STANDING TUMBLING RUNNING TUMBLING

- |                         |           |
|-------------------------|-----------|
| • BHS/BHS SO-BHS/BHS SO | • Aerial  |
| • Jump-BHS/BHS SO       | • RO-Tuck |
| • BHS/BHS Series-Jump   |           |

#### ADVANCED LEVEL APPROPRIATE STANDING TUMBLING RUNNING TUMBLING

- |                       |                      |
|-----------------------|----------------------|
| • BWO-BHS Series      | • Punch Front        |
| • BHS-BHS-BHS or more | • RO-BHS-Tuck        |
| • Jump-BHS Series     | • RO BHS Series Tuck |

ELITE LEVEL APPROPRIATE STANDING TUMBLING RUNNING TUMBLING

- BHS/BHS Series-Jump-BHS/BHS Series
- Jump-BHS-Jump-BHS
- BHS SO-BHS Series
- BHS SO-BWO-BHS Series
- BWO-BHS-Jump-BHS/BHS Series
- FWO-Aerial
- RO-BHS SO-1/2 Turn-RO-Tuck
- FWO-RO-Tuck
- Flyspring-RO-Tuck

**LEVEL 4 ATHLETE**

LEVEL APPROPRIATE STANDING TUMBLING RUNNING TUMBLING

- Standing Tuck
- BWD Roll-Tuck
- CW-Tuck
- FWO-CW-Tuck
- RO-Layout
- Front Aerial
- Front Aerial-RO-Tuck

ADVANCED LEVEL APPROPRIATE STANDING TUMBLING RUNNING TUMBLING

- BHS-Tuck
- BWO-Tuck
- BXTR-Tuck
- PF SO-Aerial
- RO-BHS-Layout
- PF SO-RO-Tuck
- FWO-RO-Whip/Layout
- Aerial-Tuck/Layout
- FWO-Aerial-Tuck

ELITE LEVEL APPROPRIATE STANDING TUMBLING RUNNING TUMBLING

- BHS/BHS SO-Tuck
- Jump-BHS Series-Tuck
- Jump-BHS-Tuck
- Front Aerial-RO-Whip-Tuck/Lay
- FHS/PF-PF
- PF SO-RO-Layout
- RO-Whip/Tuck-Tuck/Whip/Lay
- FWO-RO-Whip/Tuck-Tuck/Whip/Lay
- PF SO-RO-Whip/Tuck-Tuck/Whip/Lay
- FHS-PF SO-RO-Tuck/Whip/Lay
- FHS-PF SO-RO-Whip/Tuck-Tuck/Whip/Lay

**LEVEL 5 ATHLETE**

LEVEL APPROPRIATE STANDING TUMBLING RUNNING TUMBLING

- Jump- Tuck
- BHS Series- Whips
- BHS-Whip
- RO- Full
- RO-BHS Series-Full

ADVANCED LEVEL APPROPRIATE STANDING TUMBLING RUNNING TUMBLING

- Tuck-BHS/BHS Series-Tuck
- BHS-Whip/Tuck-BHS-Tuck
- BHS Series-Whip/Tuck-BHS-Tuck
- Jump-BHS Series-Whip-BHS-Tuck
- BHS Series-Layout
- RO-BHS-Full
- Barani
- FWO-RO-Full
- RO-Arabian
- Side Aerial/Front Aerial-Full

ELITE LEVEL APPROPRIATE STANDING TUMBLING RUNNING TUMBLING

- BHS-Whip-Tuck
- BHS-Layout
- Jump-BHS/BHS Series-Layout
- Jump-BHS-Whip-Tuck
- BHS-Whip/Tuck-Layout
- BHS/BHS Series-Whip-Layout
- Jump-BHS/BHS Series-Whip-Layout
- Front Full
- PF SO-RO-Full
- FHS-PF SO-RO-Full
- RO-Whip-Full
- FHS-Front Full
- PF SO-RO-Whip-Full
- FHS-PF SO-RO-Whip-Full