



## FOT's Class Descriptions and Prerequisite:

### **Tiny Class:**

Ages 3-5

Prerequisites: N/A

Tiny Class is designed for young athletes to learn the foundational motor skills necessary for tumbling. Athletes will work on strength and agility, flexibility, as well as entry level tumbling skills.

### **Intro Class:**

Ages 6+

Prerequisites: N/A

Intro class is designed for athletes to learn the foundation of tumbling. Athletes will learn skills including but not limited to: Forward roll, backward roll, handstands, and bridges.

### **Walkover Class:**

Ages 6+

Prerequisites: Forward roll, backward roll, handstand, and bridge

Walkover Class is designed for athletes who are ready to begin working on intermediate level 1 skills. Athletes focus for walkover class will be bridge kick over, front limber, and mastering front and back walkovers.

### **Elite Level 1:**

Ages 6+

Prerequisites: Bridge kick over, front limber, back walkover, and front walkover.

Elite level 1 class is designed for athletes who are working on connecting skills and mastering their level 1 tumbling passes. Skills worked on will include but are not limited to: Double front walkover, double back walkover, forward and backward skills connected with a cartwheel, and Valdez.

### **Handspring Class:**

Ages 6+

Prerequisites: Double back walkover, Double front walkover, FWO-cartwheel-BWO, and Valdez

Handspring class is designed for athletes who have mastered their level 1 skills and are ready to begin learning level 2 skills. Athletes will learn and master the standing back handspring, roundoff back handspring, and front handspring.

### **Elite Level 2:**

Ages 6+

Prerequisites: Standing back handspring, roundoff back handspring, and front handspring

Elite Level 2 class is designed for athletes who have mastered their entry level 2 skills and are ready to learn and master elite level 2 tumbling. Skills worked on will include but are not limited to: BWO back handspring, standing and running multiple back handsprings, FWO-roundoff-back handspring, handspring step out-BWO-back handspring, Valdez back handspring, Bounders and boulder step outs.

### **Tuck Class:**

Ages 6+

Prerequisites: BWO back handspring, standing and running multiple back handsprings, FWO-roundoff-back handspring, handspring step out-BWO-back handspring, Valdez back handspring, bounders, and bounder step outs

Tuck Class is designed for athletes who have mastered their level 2 skills and are ready to begin learning level 3 skills. Athletes will learn and master round off handspring tucks and front tucks.

### **Elite Level 3:**

Ages 6+

Prerequisites: Round off handspring tuck and front tuck

Elite Level 3 class is designed for athletes who have mastered their entry level 3 skills and are ready to learn and master elite level 3 tumbling. Skills worked on will include but are not limited to: BHS step out-double BHS, BHS step out-BWO-double BHS, FWO to tuck, bounder to tuck, ariel chasse to tuck, front tuck stick to tuck, BHS step out 1/2 turn to tuck, front handspring front tuck, and FWO ariel.

### **Elite Level 4:**

Ages 6+

Prerequisites: BHS step out-double BHS, BHS step out-BWO-double BHS, FWO to tuck, bounder to tuck, ariel chasse to tuck, front tuck stick to tuck, BHS step out 1/2 turn to tuck, and FWO ariel

Elite Level 4 class is designed for athletes who have mastered their entry level 4 skills and are ready to learn and master elite level 4 tumbling. Skills worked on will include but are not limited to: Layouts, whip BHS, whip tucks, front tuck and front handspring front tuck step out, standing BHS tuck, standing BHS step out tuck, BWO tuck, and arabians.

### **Twisting and More:**

Ages 6+

Prerequisites: Layout, whip BHS, whip tucks, front tuck and front handspring front tuck step out, standing BHS tuck, standing BHS step out tuck, BWO tuck,

Twisting and More is designed for athletes who have mastered their elite level 4 skills and are working on spinning and trick tumbling passes. Skills worked on will include but are not limited to: Fulls, Double fulls, Arabians, and elite level 5/6 standing and running specialty passes.