

# Flipping Out Tumbling

## Class Prerequisites and Descriptions

### Tiny Class:

Tiny class is offered as a first step towards training elite and disciplined athletes. Participants are trained on basics of tumbling such as: forward rolls, backward rolls, L stands, “sticking” landings, etc.

#### Prerequisites:

- Age: 3-5
- Potty trained

### Intro Class:

Intro class is the next step in young athletes tumbling careers. In this class, participants are taught all the basics of tumbling including, but not limited to forward and backward rolls, bridges, L stands, handstands, cartwheels. We focus heavily on teaching the proper form and technique for each skill as well as gym etiquette and safety.

#### Prerequisites:

- Age: 4-7
- Forward and backward roll down a wedge mat
- L stand lifting both feet off the ground landing back to a lunge
- 10 second bridge

### Tumble 1:

Tumble 1 teaches basic level 1 tumbling skills such as back walkovers, front walkovers, valdez, cartwheel, and connection passes. This class focuses very heavily on teaching new skills as well as perfecting technique of tumbling basics. Tumble 1 is a great start for tumblers no matter what their tumbling goals are. Whether you want to train to be on an elite cheerleading team or just enjoy tumbling, this class is perfect for all athletes!

#### Prerequisites:

- Age: 5+
- Forward and backward roll
- 10 second bridge
- Handstand

### Elite 1:

Elite 1 is designed to refine and perfect all level 1 skills to the degree we expect from our all-star team athletes. In this class, athletes are taught all star specific technique that we use in our cheer program including elite allstar level 1 skills. This class is open to all athletes. You do not have to cheer at FOT to participate, however, if you do cheer at FOT you must graduate from this class before participating in Tumble 2. If you do not participate in our all-star program, it is still recommended that you complete this class however it is not required.

#### **Prerequisites:**

- Backwalkover
- Frontwalkover
- Cartwheel

### Tumble 2:

Tumble 2 is designed to teach all basic level 2 tumbling skills such as back handsprings, roundoff backhandsprings, front handsprings, and bounders. This class focuses heavily on teaching athletes new skills correctly and safely.

#### **Prerequisites:**

- Backwalkover
- Frontwalkover
- Cartwheel
- Level 1 Connection passes (double BWO, double FWO, FWO-CW-BWO, etc.)

### Tumble 2.5:

Tumble 2.5 is designed for athletes who already can do all basic level 2 skills. This class will focus on teaching power building for multiple backhandsprings as well as basics for level 3 tumbling. This class is highly recommended as an entry level class for athletes who throw level 3 or 4 skills to refine and perfect backhandspring technique.

#### **Prerequisites:**

- Standing backhandspring
- Power hurdle roundoff backhandspring
- Front handspring

### Elite 2:

Elite 2 is designed to refine and perfect all level 2 skills to the degree we expect from our all-star team athletes. In this class, athletes are taught the all-star specific skills and techniques required to be on a level 2 team at FOT. This class is open to all athletes, regardless of where or if you cheer, however, if you do cheer at FOT you must graduate from this class to participate in tumble 3.5. If you do not participate in our all-star program, it is still recommended that you complete this class however it is not required.

#### Prerequisites:

- Standing double backhandspring
- Powerhurdle roundoff backhandspring
- Boulder stepout roundoff backhandspring

### Tumble 3:

Tumble 3.5 is designed to teach all level 3 skills and standing level 4 skills. In this class athletes will learn back and front tucks, aerials, standing back tucks, front handspring front tucks, etc.

#### Prerequisites:

- Standing triple backhandspring
- Power hurdle roundoff triple backhandspring
- Boulder stepout roundoff backhandspring

### Advanced Tumbling:

Advanced tumbling class is designed to teach all level 4 and 5 skills. Athletes will be taught layouts, fulls, and level 4/5 specialty passes.

#### Prerequisites:

- Powerhurdle roundoff back handspring tuck
- Standing back handspring(s) tuck
- Standing tuck
- Punch front stick
- Level 3 passes through to tuck (frontwalkover to tuck, boulder stepout to tuck, front walkover ariel)

### Worlds Ready:

Worlds ready is the most advanced class we offer. In this class athletes will learn elite level 6 skills. This class is specifically designed to prepare athletes to compete as a member of a worlds team such as Double or Nothing!

#### Prerequisites:

- Roundoff backhandspring full
- Standing two handspring layout
- Level 4 passes through to layout (front tuck stepout roundoff handspring layout, roundoff whip layout or whip BHS layout, front handspring front tuck stepout to layout)