

CFAS Tumbling Tryout Skills: 2018/2019 Season

Each Skill: 3= Needs improvement 2= Good 1= Excellent

Level 1	
Cartwheel	
Round off	
Backward Roll	
Back Bend, Kick over	
Back Walkover	
Front Walkover	

Level 2	
Back Handspring	
Round Off BHS	
B.Wovr BHS	
BHS B.Wovr BHS	
R.Off 2 BHS	
Variation to BHS	

Level 3	
Standing 3 BHS	
R.off BHS tuck	
Jump BHS	
Side aerial	
Punch Front	
Variation to tuck	

Level 4	
Standing tuck	
R.Off BHS Layout	
2 BHS to Tuck	
Jump BHS to Tuck	
Variation to Layout	
Standing whip/tuck to Tuck	

Level 5/R5			
Jump to tuck		Variation to double	
1 to Full		3 BHS to double	
2-3 BHS Full		Toe full	
Variation to full		Standing whip to double	
Standing whip to full			
Double Full		2 to Lay out (R5)	
Standing Full		R.Off BHS Full (R5)	

Athlete Name: _____ Tryout location: _____

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Variation to BHS	

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Jump BHS	
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Variation to tuck	

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2 BHS to Tuck	
Variation to Layout	
Jump BHS to Tuck	
Standing whip/tuck to Tuck	

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1 to Full		3 BHS to double	
2-3 BHS Full		Toe full	
Variation to full		Standing whip to double	
Standing whip to full			
Double Full		2 to Lay out (R5)	
Standing Full		R.Off BHS Full (R5)	

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