



Tumbling Intermediate Skill Tracking Booklet



Student Name

Once a skill is achieved at least 3 times without a spot, a star will be placed next to the skill to show that it has been completed.

Once all skills have a star, bring this booklet to the front desk so you may move up to the next level.

Remember that skills take time to learn and master, practice and repetition make perfect! Never give up!



Floor

Handstand Forward Roll

Back Extension Roll (cheese)

One Arm Cartwheel

Bridge Kick Over

Round-Off Flatback (Resi)

Front Walkover (Spotted)

Back Walkover (Spotted)

Back Handspring



Trampoline

Swivel Hips

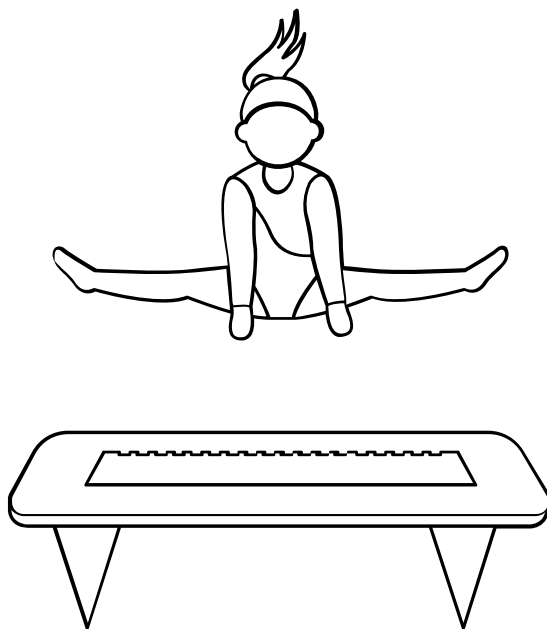
Split Jump

Peanut Roll

Bounce to Handstand

Back Handspring

Front Handspring



Strength/Flexibility

15 V-Ups

10 Straight Leg Lifts

Candle Stick Roll Up (1 Foot)

5 Burpees

15 Second Hollow Hold

Left Leg Split (75%)

Right Leg Split (75%)



Disclaimer:

This booklet is the gymnasts responsibility to take care of. It can not be held onto by ACE Gymnastics.

Gymnasts may bring the booklet to class to have their coach fill it out when skills are achieved, but must be taken home.

If you lose your booklet, you may print out a new one on our website for free or purchase a new one at the front desk.