



LEVEL 1	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
WALKOVERS	SKILLS CONNECTED TO WALKOVER/S

LEVEL 2	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
SKILLS CONNECTED TO A BACKHANDSPRING	SKILLS CONNECTED WITH HANDSPRING SERIES; SKILLS CONNECTED WITH A FRONT WALKOVER/FRONT HANDSPRING CONNECTION

LEVEL 3	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
SKILLS CONNECTED TO HANDSPRING SERIES; JUMPS CONNECTED TO HANDSPRING SERIES	ANY TUMBLE CONNECTION TO A PASS ENDING IN A TUCK; ANY PASS INCLUDING SERIES HANDSPRINGS THROUGH TO TUCK





LEVEL 4	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
ANY PASS ENDING WITH A LAYOUT; ANY PASS WITH 2 OR MORE FREE FLIPPING SKILLS; ANY PASS WITH A FRONT AERIAL	ANY PASS WITH 2 OR MORE FREE FLIPPING SKILLS; ANY PASS WITH 2 OR MORE CONNECTED FRONT TUMBLING SKILLS

LEVEL 5	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
ANY PASS WITH SERIES HANDSPRING AND A FREE FLIPPING SKILL; ANY PASS WITH CONSECUTIVE FREE FLIPPING SKILLS	ANY PASS WITH FRONT TUMBLE THROUGH TO ENDING WITH A FULL; ANY PASS WITH A FREE FLIPPING SKILL AND ENDING WITH A FULL

LEVEL 6 & 7	
STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
ANY PASS WITH A FULL OR DOUBLE FULL	ANY FRONT TUMBLE CONNECTED TO FRONT FULL; ANY PASS WITH A FREE FLIPPING SKILL CONNECTED TO A FULL; ANY PASS WITH 2 OR MORE TWISTING FREE FLIPPING SKILLS; ANY PASS WITH A DOUBLE FULL

