

Alberta Cheer Empire Tumbling Class Progressions



Level 1 Beginner

Safety Landings
Forward Roll
Modified Backwards Roll (shoulder, straddle)
Hollow Body Walks/Hops
Handstand
Cartwheel

Push to Bridge
Hold a Bridge minimum 10 secs
Fall to Bridge
Bridge Stand Ups
Power hurdle shaping

Level 1 Advanced

Handstand Forward Roll
Pike Roll
Backward Roll
Blocked Cartwheels
Power Hurdle Roundoff

Running Roundoff (2-step)
Back Walkover
Front Walkover
1 Handed Cartwheel
Connecting multiple skills

Level 1 Elite

Valdez
Switch Leg Front Walkover
Switch Leg Back Walkover
Back extension roll (to prone/elbow support)
Front Walkover Cartwheel

Back Walkover Series
Tic Toc Walkover
Round off rebound for height
Speciality standing and running passes
Level 2 Drills (rebounding, snapping, jumping)

Alberta Cheer Empire Tumbling Class Progressions



Level 2 Beginner

Breakdown of Back Handspring
First Half (jump to arched handstand)
Second Half (handstand snap up)

Round off scoop/set
Dive Roll
Standing Back Handspring

Level 2 Advanced

Back Walkover Back Handspring
Back Walkover Back Handspring Step Out
Round Off Back Handspring

Round Off Back Handspring Series
Front Handspring
Back Extension Roll (to Front Support)

Level 2 Elite

Valdez Back Handspring
T jump Back Handspring
T jump Back Handspring Step Out
Back Handspring Step Out Back Walkover Back Handspring
Round Off Back Handspring Series To Set
Front Walkover Round Off Back Handspring series
Fly Spring Step Out Round Off Back Handspring
Cartwheel Back Handspring Step Out Back Walkover Back Handspring series
Back Extension Roll (Through Handstand to Standing)

Alberta Cheer Empire **Tumbling Class Progressions**



Level 3 Beginner

Standing Back Handspring Series (minimum 3)

Back Handspring Back Handspring Step Out

Punch Front

Round Off Back Handspring Back Tuck

Jump Back Handspring

Aerial

Level 3 Advanced/Elite

Back Walkover Back Handspring Series x3

Jump Back Handspring Series

Front Walkover Round Off Back Handspring Back Tuck

Front Handspring Front Tuck

Fly Spring Round Off Back Handspring Back Tuck

Aerial Cartwheel

Front Walkover Aerial

Back Extension Roll (to Handstand)

Alberta Cheer Empire **Tumbling Class Progressions**



Level 4 Beginner

Standing Back Tuck
Standing Front Tuck
Back Handspring Back Handspring Back Tuck
Back Handspring Back Tuck
Cartwheel Back Tuck
Round Off Back Handspring Layout
Front Aerial

Level 4 Advanced/Elite

Back Walkover Back Tuck
Back Extension Roll Back Tuck
Onodi
T Jump Back Tuck
Jump Back Handspring Back Tuck
Punch Front Step Out
Punch Front Round Off Back Handspring Layout
Whips
Round Off Handspring Whip Layout
Twisting Drills

Alberta Cheer Empire **Tumbling Class Progressions**



Level 5

Jump Tuck
Back Handspring Back Handspring Layout
Back Handspring Layout
Back Handspring Whip Back Tuck
Back Handspring Whip Back Layout
Round Off Back Handspring Full
Specialty Passes To Full (FWO, Whip, PF)

Level 6&7

Back Handspring Back Handspring Full
Standing Full
Jump Full
Arabians
Double Full
Specialty to Double Full