



Pathfinder's Name

Tumbling and Balancing

(Instructor Required)

1. List safety precautions each performer and spotter should follow.

2. Describe the basic positions:

Tuck _____

Pike _____

Lay-out _____

Hyper-extension (arch) _____

Squat _____

Straddle _____

Standing position (extension) _____

3. Perform the following individual stunts with form and poise:

- a. Tuck forward roll from squat
- b. Pike forward roll from standing position
- c. Dive roll (length equal to one's height)
- d. Tuck backward roll from squat
- e. Backward roll from standing position
- f. Straddle legged backward roll from extension
- g. Swedish fall
- h. Frogstand (knee-elbow stand)
- i. Headstand from frogstand
- j. Headstand
- k. Handstand
- l. Cartwheel

4. Perform with form and poise any six of the following stunts with a partner:
- a. Chest stand
 - b. Thigh stand
 - c. Knee-shoulder balance
 - d. Front angel balance
 - e. Shoulder stand
 - f. Low knee support
 - g. Thigh balance
 - h. Front angel straddling waist

Date completed _____

Instructor's Signature _____

Tumbling and Balancing, Advanced

(Instructor Required)

- 1. Have the Tumbling and Balancing honor.
- 2. Perform the following individual tumbling stunts with form and poise:
 - a. Kip
 - b. One-handed Cartwheel (both ways)
 - c. Front handspring
 - d. Back handspring
 - e. Round off (must execute step in the approach)
- 3. Perform any four of the following individual tumbling stunts with form and poise.
 - a. Front somersault (sometimes called air spring or front flip)
 - b. Headspring
 - c. One-handed handspring
 - d. Aerial cartwheel
 - e. Tinserca
 - f. Front walkover
 - g. Back walkover
 - h. Aerial walkover
 - i. Baroni
 - j. Neckspring
 - k. Butterfly
- 4. Perform any three of the following balances with form and poise:
 - a. Press to handstand from headstand or frogstand.
 - b. One-handed handstand; alternate for girls: back walkover to headstand
 - c. Pirouette
 - d. Straight-armed planche (two arm); alternate for girls: control straddle down from handstand.
 - e. Bent arm planche (one arm); alternate for girls: three-second handstand and controlled roll out.
 - f. Yogi handstand
 - g. Straight arm-straight leg press to handstand; alternate for girls: straight arm-straddle leg press to handstand.

- ❑ 5. Perform any three of the following partner stunts and balances with form and poise:
 - a. Toe pitch (back flip)
 - b. Low arm to arm
 - c. High arm to arm
 - d. Low hand to hand
 - e. High hand to hand
 - f. Front angel balance on hands

- ❑ 6. Perform any one of the following combination stunts with form and poise:
 - a. Round off/back handspring/backward somersault
 - b. Round off/two back handsprings
 - c. Borani/back handspring
 - d. Round off/backward somersault/back handspring
 - e. Tinserca/front somersault
 - f. Backward somersault/back handspring

Tumbling and Balancing, Advanced Instructor's Chart

NAME	Perform				Perform			
	Kip				4 Individual Tumbling Stunts	Identify by Letter		
	Cartwheel (Both Ways)				3 Balanced	Identify by Letter		
	Front Handspring				Perform With Partner	Identify by Letter		
	Back Handspring				COMPLETED			
	Round Off				COMPLETED			
					COMPLETED			
					COMPLETED			
					COMPLETED			
					COMPLETED			