

Tumbling and Balancing

(Instructor Required)

1. List safety precautions each performer and spotter should follow.
2. Describe the basic positions:
 - a. Tuck
 - b. Pike
 - c. Lay-out
 - d. Hyper-extension (arch)
 - e. Squat
 - f. Straddle
 - g. 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

Skill Level 2

Original Honor 1976



Tumbling and Balancing, Advanced

1. Have the tumbling and balancing honor.
2. Perform the following stunts with poise and form:
 - a. Serial cartwheel
 - b. Cartwheel
 - c. Front handspring
 - d. Back handspring
 - e. Round off
3. Go over stretches.
 - a. Legs, ankles, claves
 - b. Arms, wrists
 - c. Back, neck
4. Perform any four with poise and form:
 - a. Front flip
 - b. Tinsica
 - c. Barani
 - d. Front walkover
 - e. Back walkover
 - f. Scorpion poise
5. Perform three balances with form and poise:
 - a. Press handstand from head stand
 - b. One handed handstand, alternate for girls – back walkover headstand
 - c. Pirouette
 - d. Straight arm plank, alternate for girls – control straddle from handstand
 - e. Stag double handstand
 - f. Hand stand press
6. Perform four with stunt partner:
 - a. Toe pitch
 - b. High arm to arm
 - c. High hand to hand
 - d. Star
 - e. High back angel
 - f. High hand to foot
7. Choose to do one with poise and form:
 - a. Rondant back handspring
 - b. Rondant two back hand springs
 - c. Tinsica front somersault
 - d. Back somersault, back handspring

Skill Level 2

Original Honor 1976

Updated 2012

Pictures and Explanations

Tinsica – like a cartwheel but you land like a front walk over. Look on YouTube for demonstrations

Darani – Forward somersault with ½ twist

Scorpion – <http://www.mycheerspace.com/file/pic/poll/2011/08bc14fa57741aec55a3bf17f992be83f.jpg>

Hand to foot – Like it Sounds. The base has the flyers feet in his hands. Can be done if the base lies down and the flyer puts the feet in his hands and he pushes up.

**Recreation
General Conference
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