

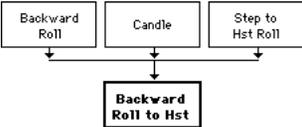
Tumbling Techniques



Progressions

Backward Roll to Handstand Progressions



The backward roll to a handstand demands backward rolling power and maintenance of the candle body shape as the arms are extended. This skill uses the same arm, shoulder and torso actions as the handstand roll, but in reverse function. The handstand roll is performed with eccentric contractions and the backward roll to handstand is performed with concentric actions.

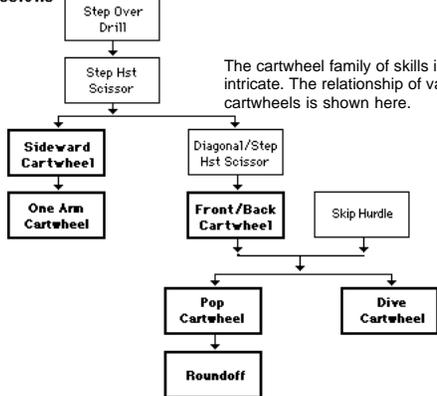
Click a skill to select it.



Progressions

Cartwheel Progressions



The cartwheel family of skills is quite intricate. The relationship of various types of cartwheels is shown here.

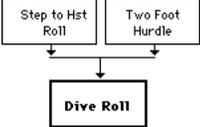
Click a skill to select it.



Progressions

Dive Roll Progressions



The dive roll should be performed as closely as possible to a handstand roll. Emphasis should be placed rotating the body to place the performer near a handstand position, NOT upon distance during the diving phase.

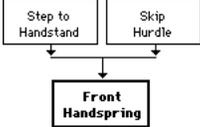
Click a skill to select it.



Progressions

Front Handspring Progressions



Once the step to the handstand and a skip hurdle are mastered and the learner has some experience with springing from the hands (pop cartwheel or roundoff) they are ready for the front handspring.

Click a skill to select it.

Tumbling Techniques

Progressions

Forward Roll Progressions

```
graph TD; A[Rock 'n Roll] --> D[Forward Roll]; B[Candle] --> D; C[Downhill Roll] --> D; E[Inchworms] --> D;
```

The forward roll requires some abdominal strength and experience in controlling descent from an inverted position. These progressions are useful in that regard.

Click a skill to select it.

Main Menu HELP!

Progressions

Handstand Progressions

```
graph TD; A[Standing Tips] --> B[Kneeling Handstand]; A --> C[Candle]; A --> D[Push Away]; E[Pressure Stand] --> B; E --> C; E --> D; B --> F[Push-up & Away]; C --> F; D --> F; F --> G[Handstand];
```

There are numerous progressions used to teach the handstand. These particular skills are all referred to as "body awareness drills." They are of exceptional value in developing the learner's sensitivity necessary to achieve proper alignment for a solid handstand.

Click a skill to select it.

Main Menu HELP!

Progressions

Headspring Progressions

```
graph TD; A[Mousetrap] --> C[Headspring]; B[Press Headstand] --> C;
```

Click a skill to select it.

Main Menu HELP!

Progressions

Step to Handstand Progressions

```
graph TD; A[Push Up & Aways] --> C[Step to Handstand]; B[Wall Handstand] --> C; D[Half-Wall Handstands] --> C;
```

Click a skill to select it.

Main Menu HELP!

Tumbling Techniques

Progressions

Handstand Roll Progressions

```
graph TD; A[Step to Handstand] --> C[Handstand Roll]; B[Forward Roll] --> C;
```

Main Menu HELP!

Click a skill to select it.

Progressions

Locomotor Skills

Main Menu HELP!

Basic tumbling demands a few strong locomotor skills. Three types are found here. The jumps include both simple jumps and twisting jumps. The skip hurdle is used to convert a run into a smooth roundoff or handspring entry. The two foot hurdle is used for dive rolls or forward saltos (flips).

Click a skill to select it.

Progressions

Roundoff & Dive Cartwheel Progressions

```
graph TD; A[Front to Back Cartwheel] --> B[Pop Cartwheel]; A --> C[Dive Cartwheel]; B --> D[Roundoff];
```

Main Menu HELP!

Click a skill to select it.

Progressions

Tripod & Headstand Press Progressions

```
graph TD; A[Inchworm] --> C[Tripod Press]; B[Tripod Balance] --> C; C --> D[Press Headstand];
```

Main Menu HELP!

Click a skill to select it.

Tumbling Techniques

Progressions

```

    graph TD
      A[Sit & Reach] --> D[Flipflop]
      B[Sit & Jump] --> D
      C[Roundoff] --> D
  
```

Progressions for the flipflop include:

1. Sit with rounded back and reach/extend (knees, hips and arms) to a single spotter
2. Sit and jump to single spotter
3. The snap down phase of the roundoff

Click a skill to select it.

Spotting Forward roll spot

Spotting a forward roll is not necessary if proper progressions are utilized. However, learning to spot a forward roll will prepare you to learn to spot a handstand forward roll or a front somi.

The spotter should position himself even with the spot where the performers hands will be placed (1/3 body length).

The near hand is extended palm up and placed on the near hip.

Spotting Backward roll spot

Spotting the backward roll is not always necessary. The progressions (such as the inclined roll and the rock and roll) are excellent preparation for the backward roll. If spotting is required, there are two spotting techniques commonly employed. Each of these have great value for providing experience for spotting higher level skills, such as the backward roll to handstand and the backward somi. The hip spotting techniques used to spot backward roll and backward rolls to a handstand are focused on here.

Spotting Roundoff Spot

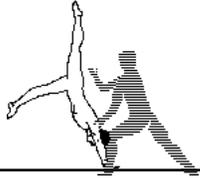
Hand spotting a roundoff is rare, but a necessary step in preparation to later spot roundoff, flipflops or roundoff, back somis, etc.

Key points in spotting a roundoff include...

- a. SPEED; the performer is moving from a run and a skip hurdle, the spotter needs to be in position slightly beyond where the hands will be placed. Have the performer run and skip hurdle into a cartwheel a few times to check for hand placement consistency.

Tumbling Techniques

 **Spotting** **Front Handspring Spot** 

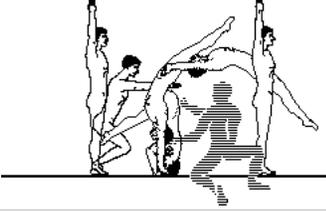


The spot for a front handspring is unlike any spotting technique mentioned elsewhere in this stack... however, there are some similarities.

First, positioning is identical to the roundoff—the spotter should be even with where the hands will be placed on the mat. He should be either side of the intended line of direction.

 **Spotting** **Headspring/ Neckspring Spotting** 

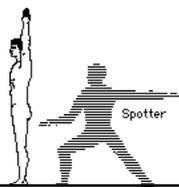


In spotting the headspring, the spotter drops to one knee at a point just beyond where the performer will place the hands. This position is between 1/3 and 1/2 of a body length.

The spotter reaches for the performers near shoulder with his near hand in a palm-up position. The spotter should make contact as the performers hands touch the floor. The spotter's second hand reaches across the performers lower back to the far hip.

 **Spotting** **Flipflop Spot** 



SPOTTING: The spotter(s) stand beside and behind the performer. The near hand is placed on the back of the performers near thigh (palm up). The far hand reaches across the lower back (palm up). After the performer has passed through the handstand the spotter may place the far hand under the rib cage to assist the performer in the chest piking action to a stand. Proper progressions must have been successfully completed before performing a flipflop with or without a spot.

 **Spotting** **Handstand Roll Spot** 



Spotting the handstand roll is a combination spotting two skills; the step to handstand and the forward roll. Please see spotting information on these skills for more information.

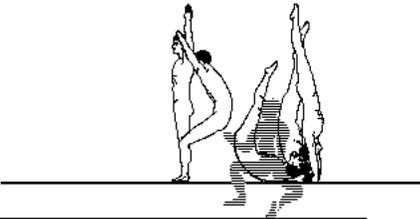
Tumbling Techniques

Spotting



Back Roll to Handstand Spot

Main Menu



The spotter should kneel at a position even with the spot where the performer's seat will contact the mat. The near hand is extended palm up and reaches under the hips across the performer's lower back to the far hip.

The far hand is placed palm down on the near hip as the hands touch. Encourage the performer to rock his hips upward above the hands and to keep the eyes focused on the knees and hips. Guide

Movie!

Return

Spotting



Cartwheel Spot

Main Menu



Spotting a cartwheel, be it sideward, front to back, one armed, a dive or a pop cartwheel is similar to spotting a step to a handstand. The spotter positions himself between where the performer will take his last step and where he will place the hands. As the last step is taken the spotter moves into action...

Dive C-wheel Note...

The cartwheel spotting sequence can be animated frame by frame only. There are 9 frames for this skill.

Click the movie button to begin...

Movie!

Return

Spotting



Dive Cartwheel Note

Main Menu



The spot for the dive cartwheel is not vastly different from any basic cartwheel. The major difference is that the tumbler will be moving at an accelerated pace from a run and a skip hurdle. It takes some practice to get in the proper position and the hands in at the proper time. The positioning aspect is mentioned in detail in the spotting section for roundoffs.

The proper timing of the spotters hand placement is essential in

Movie!

Return

Spotting



Tripod/Headstand Spot

Main Menu



In spotting either a tripod balance, tripod press or press to headstand. The spotter should position himself behind the performer in a kneeling posture. The spotter's shoulders should be on the same level as the performer's hips. Grasp the hips bones of the performer and provide stability/guidance to prevent them from falling forward or backward.

Be careful however to avoid becoming the performers crutch. Do

Movie!

Return

Tumbling Techniques



Spotting **Step to Handstand Spot**

Main Menu



The step to handstand spotting sequence can be animated frame by frame only. There are 10 frames for this skill.

Click the movie button to begin...

Movie!

Return



Spotting **Dive Roll Spot**

Main Menu



The dive roll spotting sequence can be animated frame by frame only. There are 13 frames for this skill.

Click the movie button to begin...

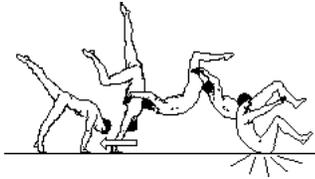
Movie!

Return



Errors

Main Menu



The most common error in performing front handsprings concerns not pushing tall through the handstand. Most beginners tend to "pull" on the floor in an effort to speed up rotation. Some even duck the head as if performing a forward roll. The illustration shows the direction the performer should NOT be pushing in. Using this techniques will result in the performer passing through an inefficient handstand and descent is immediate, oftentimes resulting in an abrupt landing! Remember- the hips should be pushed away from the hands as the handstand is attained.

Return



Errors

Main Menu



Handstand Support

Light Pressure
 Heavy Pressure



YES



Thumb Support
NO



Cupped Hand
NO

Balance or control in the handstand is maintained at the wrists by increasing or decreasing the pressure applied on the floor by the fingertips. If the body parts above the hands are held stable, the body as a whole will react to the application of force. When balancing on the feet - exactly the same thing is done with the toes.

The pressure on the hands should be felt under the knuckles and on the digits. NOT only on the digits or only on the heels of the hands.

Return

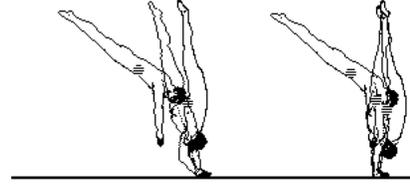
Tumbling Techniques



Dive Roll Error

Errors

Main Menu



Incorrect
Correct

Care must be taken with performing the dive roll. The location where the hands are placed relative to the performers hips is of utmost importance. If performers strive for distance instead of height and rotation serious injury may result. DO NOT perform "circus style" acts where distance is the focus.

The hands should be placed below the hips or center of gravity as the ground is regained. A common error in all rolls from a handstand position (and this is one of those...) is placing the hands too far beyond the center of gravity. This can place the

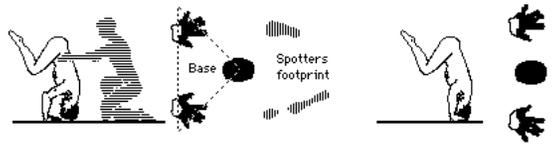
Return



Tripod and Headstand Errors

Errors

Main Menu



Correct
Incorrect

A common error when performing headstands/tripods is the formation of a wide base that has minimal depth. The proper base is in the shape of an equilateral triangle and has both width and depth. Often a novice performer will form a base that is one dimensional (width). Balance is easily lost forwards or backwards with such a base because there is little leverage available.

Return



Forward Roll Errors

Errors

Main Menu



Figure 1, Unrolling
Figure 2, Rolling Brick

Two errors commonly occur during the forward roll:

1. "Unrolling" (Fig. 1); after the shoulders contact the mat the stomach muscles are relaxed and the shoulders remain on the mat as the spine and hips successively regain the mat. This results in no forward momentum and the performer cannot finish the roll to the feet.
2. "Rolling Brick" (Fig. 2); This error may occur as the head or shoulders touch the mat or even before either touches. The performer simply contracts the opposing (back) muscles after passing the inverted position. This type of roll looks and sounds

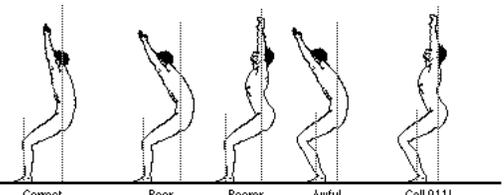
Return



Flipflop Errors

Errors

Main Menu



Correct
Poor
Poorer
Awful
Call 911!

THE SIT should be executed so that the knees remain over the ankles and the shoulders remain above the hips. The back should be rounded NOT arched. Can you see the errors in the incorrect sits above?

The poor knee positions (Awful & Call 911) prevent any substantial force to be exerted backward.

The poor shoulder position (Poor & Awful) can cause high jumps and loss of power.

Return

Tumbling Techniques

Buttons

Help

The 'Glossary' button takes you to a dictionary of tumbling jargon. Use the tabs to locate the word. Then use the 'Return' button to go back to the previous location.

Alignment, related to the arrangement of body parts, as in to find only support via pit

Act, a type of action in a position adding to the steps, back or front

Arm, a type of action during a tumbling skill that the tumblers may use to assist

Body, all body parts (in the area below the feet) in contact with the tumbling surface

Body Length, distance from the feet to the head

Body Support, on the hands and feet with the legs, back and shoulders

Center of Gravity, the point that may not be visible or solid in an object

Check Point, location of a tumbling skill region of the tumbling surface

Return

Exit Help

Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions

Buttons

Help

The 'Stop' button quits the application and takes you to the finder (Macintosh Desktop).

QUIT

Exit Help

Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions

Buttons

Help

The 'Action!' button runs an animation of the current tumbling skill and returns you to the skill card.

Exit Help

Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions

Buttons

Help

The 'Action!' button runs an animation of the current tumbling skill and returns you to the skill card.

Exit Help

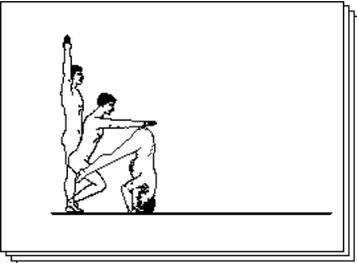
Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions

Tumbling Techniques

Buttons

Help

The 'Action!' button runs an animation of the current tumbling skill and returns you to the skill card.



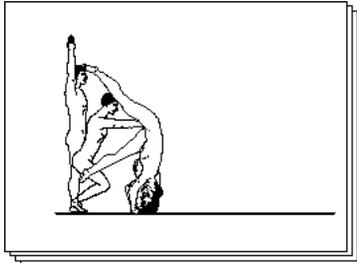
Exit Help

- Main Menu
- HELP!
- Glossary
- STOP
- Action
- Spotting
- Footprint
- Progressions

Buttons

Help

The 'Action!' button runs an animation of the current tumbling skill and returns you to the skill card.



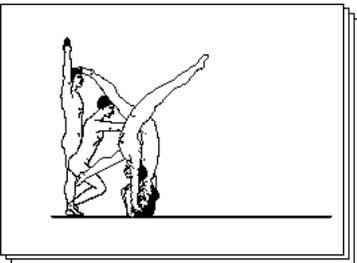
Exit Help

- Main Menu
- HELP!
- Glossary
- STOP
- Action
- Spotting
- Footprint
- Progressions

Buttons

Help

The 'Action!' button runs an animation of the current tumbling skill and returns you to the skill card.



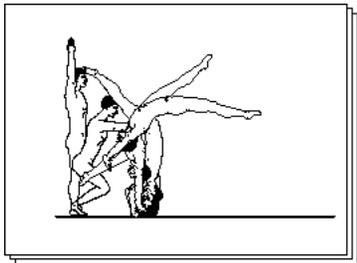
Exit Help

- Main Menu
- HELP!
- Glossary
- STOP
- Action
- Spotting
- Footprint
- Progressions

Buttons

Help

The 'Action!' button runs an animation of the current tumbling skill and returns you to the skill card.



Exit Help

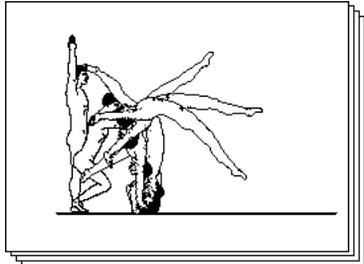
- Main Menu
- HELP!
- Glossary
- STOP
- Action
- Spotting
- Footprint
- Progressions

Tumbling Techniques

Buttons

Help

The 'Action!' button runs an animation of the current tumbling skill and returns you to the skill card.



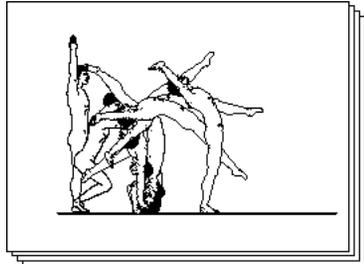
Exit Help

- Main Menu
- HELP!
- Glossary
- STOP
- Action!
- Spotting
- Footprint
- Progressions

Buttons

Help

The 'Action!' button runs an animation of the current tumbling skill and returns you to the skill card.



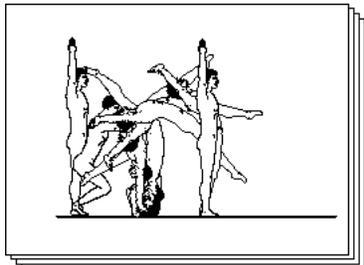
Exit Help

- Main Menu
- HELP!
- Glossary
- STOP
- Action!
- Spotting
- Footprint
- Progressions

Buttons

Help

The 'Action!' button runs an animation of the current tumbling skill and returns you to the skill card.



Exit Help

- Main Menu
- HELP!
- Glossary
- STOP
- Action!
- Spotting
- Footprint
- Progressions

Buttons

Help

The 'Spotting' button takes you to a spotting information card, or runs an animation of the spotting procedures.

Cartwheel Spot

Spotting a cartwheel, be it sideways, front or back, one-handed, is done on a peg, cartwheel or similar to spotting a step in a handstand. The spotter position is forward between where the performer will take his last step and where he will place the hand. As the last step is taken the spotter moves into action.

Click the movie button to begin.

Exit Help

- Main Menu
- HELP!
- Glossary
- STOP
- Action!
- Spotting
- Footprint
- Progressions

Tumbling Techniques



Help

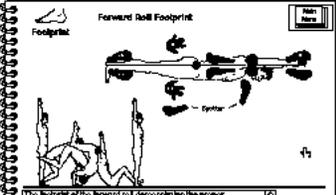
Buttons



The 'Footprint' button takes you to information about the foot and hand placements and their relationship to each other.

Footprint

Main Menu



The Footprint of the Forward roll demonstrates the proper relationship between the hands and the placement of the head and/or shoulders. If the head touches the landing surface at all, it is light. The weight is transferred onto the shoulders and down the vertebrae of the spinal column. It is worth noting that the head and shoulders both contact the

Return

Exit Help











Help

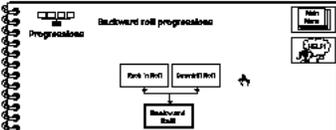
Buttons



The 'Progressions' button takes you to an option card where you may select lead-up skills for the current skill.

Progressions

Main Menu



These two skills are excellent lead-ups for a skill that is difficult to master for a lot of beginners. This is due to two factors:
 1. the placement of the proper hand placement
 2. and lack of adequate momentum in weight transfer

Click a skill to select it.

Exit Help











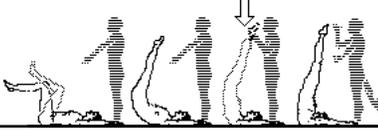
Info

More Candle Info





Footprint



SPOTTING: The spotter should stand between the elbows of the performer and allow the performer to push UPWARD against his hands to lift the hips and legs into position. Any pressure from the performer with one or both feet in any direction other than upward should not be encouraged. If the performer cannot easily grasp the idea... (it IS difficult at first...) Pull them up into position and press

Return



Info

Wall Handstand Info





Shoulder Girdle Elevation

The wall handstand may be attempted after successfully completing the push away and push-up & away body awareness drills. The hands should be placed with the fingertips touching the wall to ensure good alignment. In this position the shoulder girdle must be elevated (see shoulder girdle elevation) and the spinal column must be stretched to get the center of gravity above the

Return

Tumbling Techniques

Info **Half-wall Handstand Info** **Main Menu**

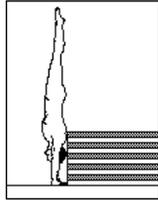


Figure 1

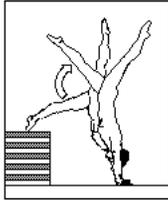
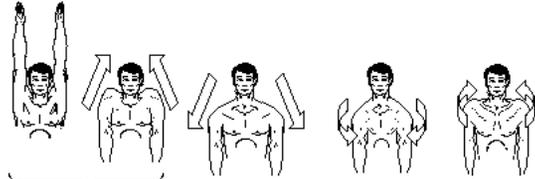


Figure 2

The half-wall handstand (Fig.1) may be attempted after successfully completing the wall handstand. The hands should be placed with the fingertips touching the wall. In this position the shoulder girdle must be elevated and the spinal column must be stretched to get the center of gravity above the hands.

Return

Info **Shoulder Girdle Actions InfoCard** **Main Menu**



Elevation **Depression** **Hollow** **Arch**

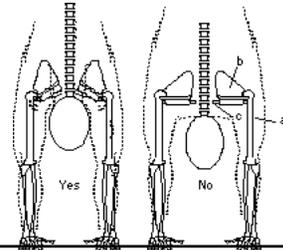
The shoulder girdle is the region of the upper body formed by the upperarm (humerus), collarbone (clavicle) and shoulderblade (scapula). The region is capable of many actions, some are very important to tumbling. The terms used in this stack are diagrammed above.

Return

Info **Bridge Info** **Main Menu**

Return

Info **Handstand Shoulder Girdle Elevation Infocard** **Main Menu**



Yes **No**

During the handstand, proper alignment mechanics require that the shoulder girdle (shoulder joint composed of the humerus (a), scapula (b) and clavicle (c)) be elevated. In common language the shoulders should be shrugged upward so that the ears are covered by the shoulder muscles (deltoids).

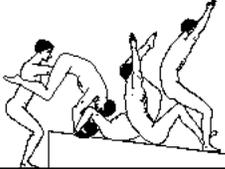
Return

Tumbling Techniques


Info

**Downhill Roll Forward
InfoCard**

Main
Menu



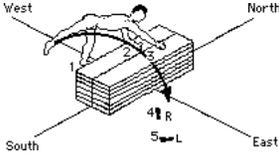
The use of an incline may be employed for teaching several skills but, it is of extraordinary value for forward and backward rolls. The angle of the mat is only slightly above horizontal (15 to 30 degrees). How much of an incline is needed really depends on the skill and abdominal strength of the student. The incline allows gravity to assist the learner to a greater extent.

Return


Info

**Step-over Cartwheel
InfoCard**

Main
Menu



"STEP OVER" CARTWHEEL PROGRESSION
Using a folded panel mat, a padded vaulting board or similar low barrier—
To perform a left-sided cartwheel;
1. Facing "east": Step with leading (left) foot toe pointing east
2. Turn to face "north", placing same side (left) hand on mat with

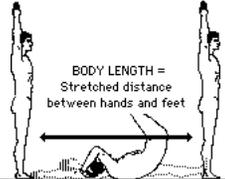
Return


Info

**Body Length
InfoCard**

Main
Menu

**Forward or
Backward rolls**



BODY LENGTH =
Stretched distance
between hands and feet

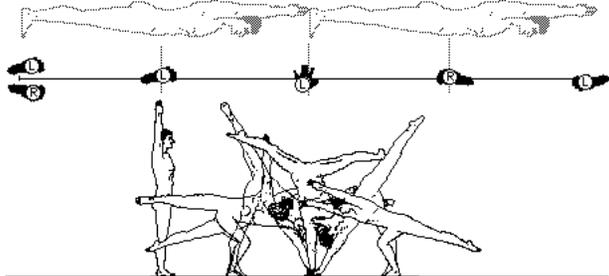
The term "body length" is used alot in this stack. A persons body length is an individual thing, it depends solely upon their personal skeletal structure. This term is used to avoid fixed lengths... (7 feet, for example would not apply for both an adult and a seven year old). Both forward and backward rolls will cover about a "body length" if performed properly.

Return


Footprint

One arm cartwheel footprint

Main
Menu



The footprint of the one arm cartwheel is very similar to the front to back cartwheel. The supporting hand is placed just slightly on the short side of a body length. The hips must be pushed high above the hand. (note illustration at left)

Return

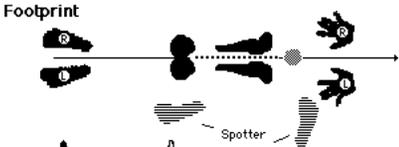
Tumbling Techniques



Back roll to handstand footprint

Main Menu

Footprint



Spotter



The backward roll to handstand footprint is exactly like the backward roll footprint except that the performer may choose to step down or lower both feet simultaneously from the handstand. The distance from feet to hands is about 2/3 of a body length.

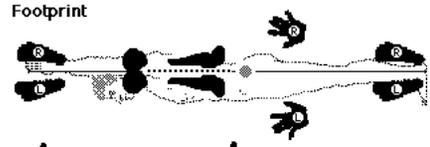
Return



Backward roll footprint

Main Menu

Footprint




The backward roll footprint above is formed by the feet at the starting position, the seat, spine and back muscles, hands and feet. The sit occurs about an arms length behind the toes original position. The hands are placed shoulder width apart a bit behind the head (small gray circle depict the heads footprint). The feet will regain the floor about 1/3 of a body length behind the hands. The

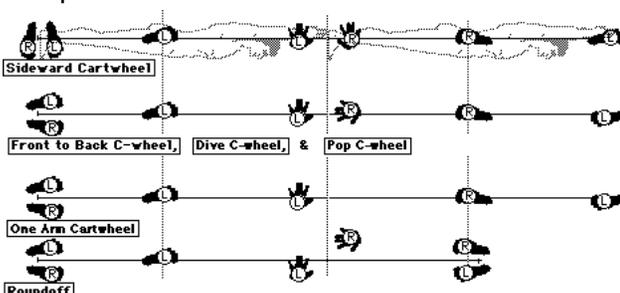
Return



Cartwheel Footprint Comparison

Main Menu

Footprint



This card allows a comparison of the footprints of most of the members of the cartwheel family. Click the name of the cartwheel that you want more details on.

Return



Handstand

Main Menu

Footprint

□ Light Pressure

■ Heavy Pressure



Shoulder Width

The handstand footprint is quite simple. Hands are shoulder width, index fingers pointing forward- fingers are spread. Body weight is distributed so that most weight is supported by the most distant 3/4 of the hands. The weight should not be supported on the heels of the hands.

Return

Tumbling Techniques

Diagonal Step to Handstand Scissor Down Cartwheel

Footprint

Main Menu

DIAGONAL STEP TO HANDSTAND SCISSOR DOWN
The step to handstand scissor down can be easily modified to create a fluid cartwheel with good direction and alignment. A left sided cartwheel (steps with left foot);
a. begins at six o'clock and ends at six.
b. begins at seven o'clock and ends at five.

Return

dive roll footprint

Footprint

Main Menu

The footprint of a dive roll is a combination of the two foot hurdle and the handstand roll, except that there is no step into the handstand. This is an IDEAL. A beginner SHOULD NOT focus on reaching a body length away from the point of takeoff. The most important aspect to stress with beginners in this area is that of rolling onto the shoulders and back in front of the fingertips.

Return

Flipflop Footprint

Footprint

Main Menu

The flipflop should cover about a body length from the standing position to the point where the feet touch down. The hands should land approximately a half body length behind the starting position. The hands should be turned slightly inward so that the index fingers point towards one another. The spotter should stand with

Return

Forward Roll Footprint

Footprint

Main Menu

The footprint of the forward roll demonstrates the proper relationship between the hands and the placement of the head and/or shoulders. If the head touches the tumbling surface at all, it is lightly. Then the weight is transferred onto the shoulders and down the vertebrae of the spinal column. It is worth noting that the head and shoulders both contact the

Return

Tumbling Techniques

Front Handspring Footprint

Direction of Movement

Hop phase of skip hurdle

Spotter's footprint

For additional power a skip hurdle step with a forward arm swing precedes the front handspring (during the hop phase). The hurdle step should be long and low (about a body length). The step and reach distances are almost identical to the step handstand.

Main Menu

Return

Headspring/ Neckspring Footprint

Direction of headspring

Spotter's position

Both the headspring and the neckspring will cover approximately a body length when properly executed. The hands and head are placed into a triangle similar to the headstand, except the head/neck is positioned almost between the hands.

Main Menu

Return

Press Headstand Footprint

Base

Spotter's footprint

Correct

The correct (and incorrect) hand and head placements are depicted above. The hands should be about shoulder width. The fingers should be spread and the index fingers should point forward. The head should be placed in front of the fingertips. The hands will be visible to the performer. A proper headstand will have a base shaped like a triangle. The

Main Menu

Return

Hurdle Footprint Comparison

Arm swing begins here

Skip Hurdle

Arm drag begins here

Two Foot Hurdle

The hurdle step depicted below is only from one step, but most tumblers will use about 3 steps leading into the hurdle. The skip hurdle depicted above is used by a

Main Menu

Return

Tumbling Techniques

Step to Handstand Footprint

Footprint

In stepping to a handstand there is an easy way to ensure that alignment is maintained. The performer should eventually aim for specific placement targets for the feet and hands. In stepping to a handstand the stepping foot will touchdown about one-half body length away. Then the hands will land another half body length beyond that point. Total distance traveled? Like the rolls, one body

Main Menu

Return

Step to Handstand Roll Footprint

Footprint

The step to handstand roll is simply a combination of a step to handstand and a stretched forward roll.

Main Menu

Return

Arm Swings for Jumps

Step Animation
 Full Animation

Main Menu

HELP!

Glossary

STOP

Action

Spotting

Footprint

Progressions

Forward Russian (Reverse)

There are two major types of arms swings used in tumbling; the forward lift and the reverse or "Russian lift". Both are effective lifting actions. However, the Russian is much more effective for forward rotating skills. The most often used action in the forward lift. It is used in back somis, back handsprings, and other skills such as dive rolls and dive cartwheels. The Russian lift is used widely in dive rolls, front somis, aerial cartwheels and aerial walkovers. Most animations in this courseware use the forward arm swing.

Arm Swings for Jumps

Step Animation
 Full Animation

Main Menu

HELP!

Glossary

STOP

Action

Spotting

Footprint

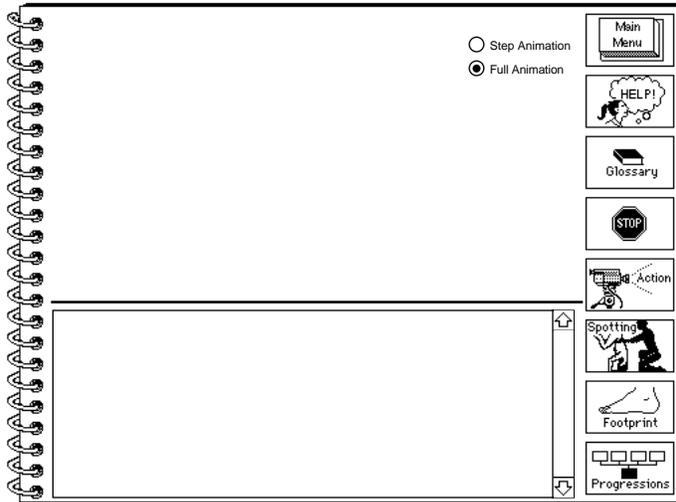
Progressions

Forward Russian (Reverse)

Tumbling Techniques

Step Animation
 Full Animation

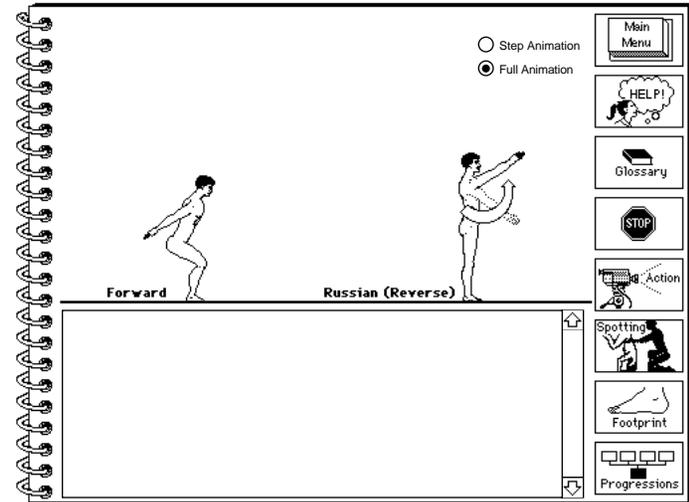
Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions



Step Animation
 Full Animation

Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions

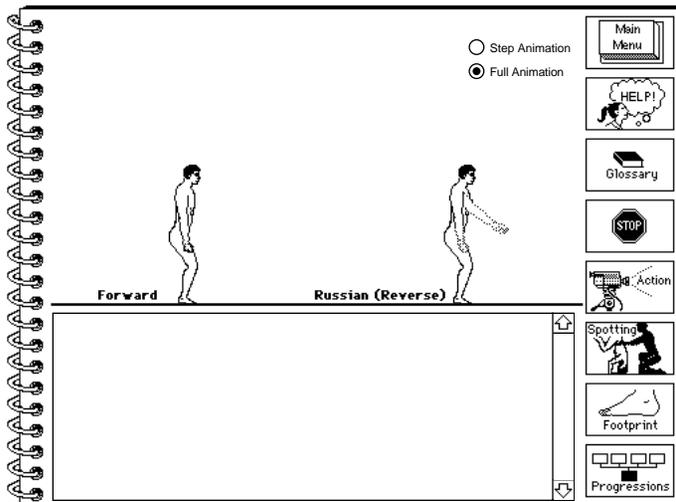
Forward Russian (Reverse)



Step Animation
 Full Animation

Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions

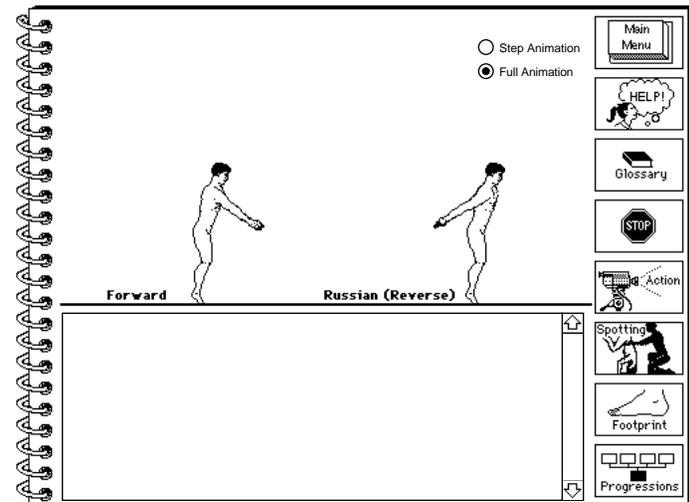
Forward Russian (Reverse)



Step Animation
 Full Animation

Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions

Forward Russian (Reverse)



Tumbling Techniques



Forward **Russian (Reverse)**

Step Animation
 Full Animation

Main Menu

HELP!

Glossary

STOP

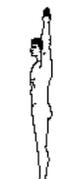
Action

Spotting

Footprint

Progressions

Backward Roll



The backward roll begins with the performer standing erect with the arms overhead. The performer's weight should be shifted rearward toward the heels. The knees, hips and trunk are then flexed so that the body is in a rounded position.

As the seat contacts the mat, the lumbar area of the spine should be flexed (pressing the waist line downward) to rotate the hips. This will cause an acceleration of the body weight toward the shoulders and hands. The knees, hips and trunk remain flexed as

Step Animation
 Full Animation

Main Menu

HELP!

Glossary

STOP

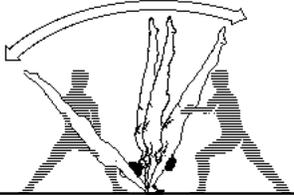
Action

Spotting

Footprint

Progressions

Handstand Tips



Handstand tips are used to allow the performer to acquire maximum sensitivity to alignment in positions either side of the handstand. This skill should not be attempted until a basic handstand is acquired. The performer must concentrate on pushing the HIPS AWAY FROM THE HANDS. The stomach and hips must be kept tight throughout the tipping action.

This drill may be modified further for highly skilled students... if you have a crash mat available. The performer kicks into the

Step Animation
 Full Animation

Main Menu

HELP!

Glossary

STOP

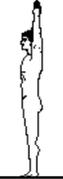
Action

Spotting

Footprint

Progressions

Backward Roll to Handstand



Options: Straight Leg Sit
 Straight Arm Extension

The backward roll to handstand begins with the performer standing erect with the arms overhead. As in the backward roll, the performer's weight should be shifted rearward toward the heels. The knees, hips, and trunk are then flexed so that the body is in a rounded position.

As the hips contact the mat, they should be rotating under the body causing an acceleration of the body weight toward the shoulders. This can be accomplished by thinking of pressing your waistline

Step Animation
 Full Animation

Main Menu

HELP!

Glossary

STOP

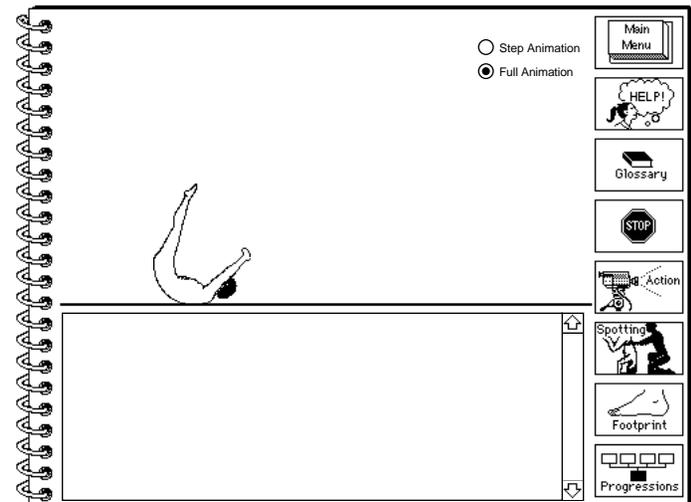
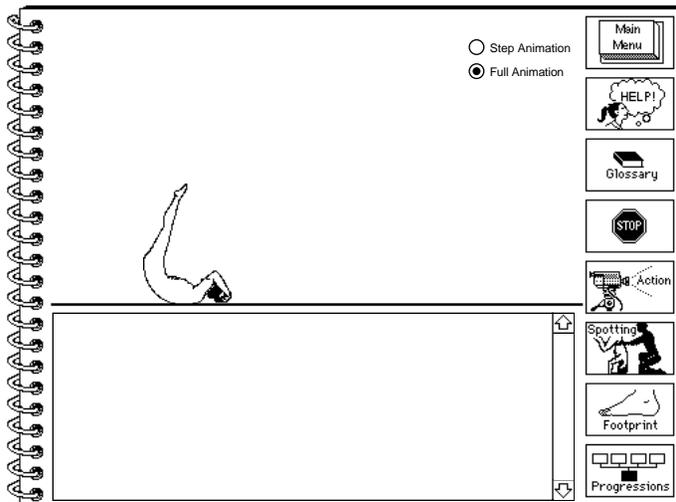
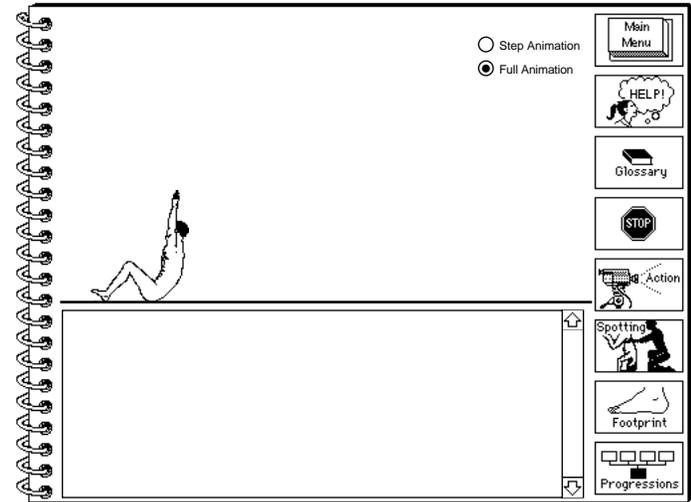
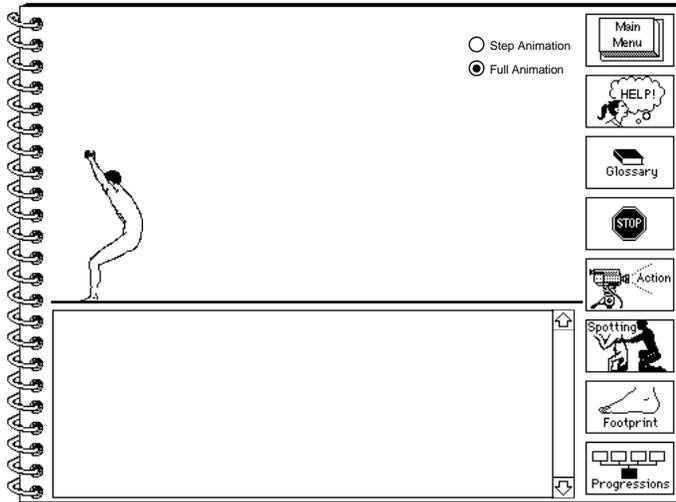
Action

Spotting

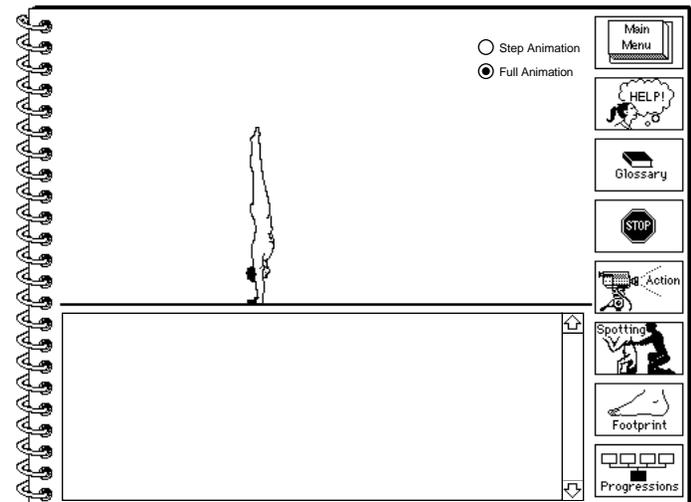
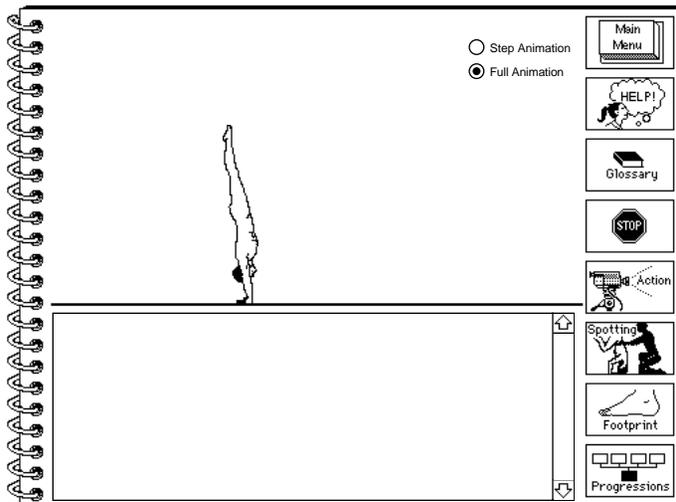
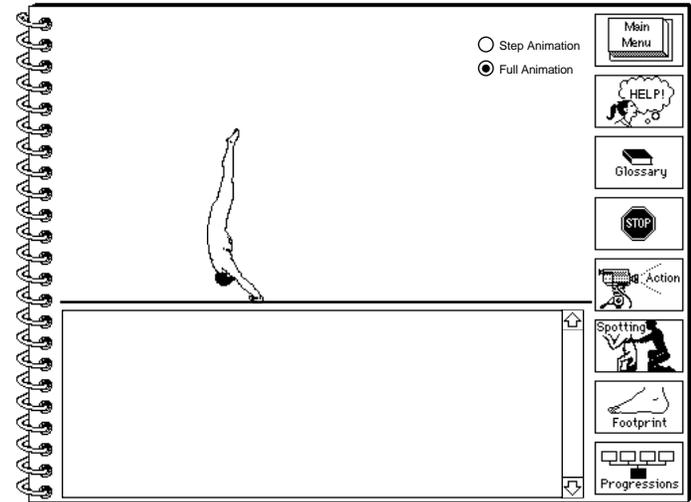
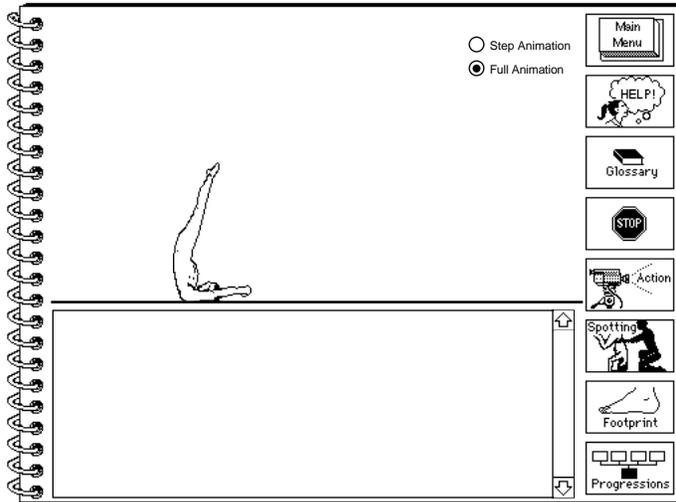
Footprint

Progressions

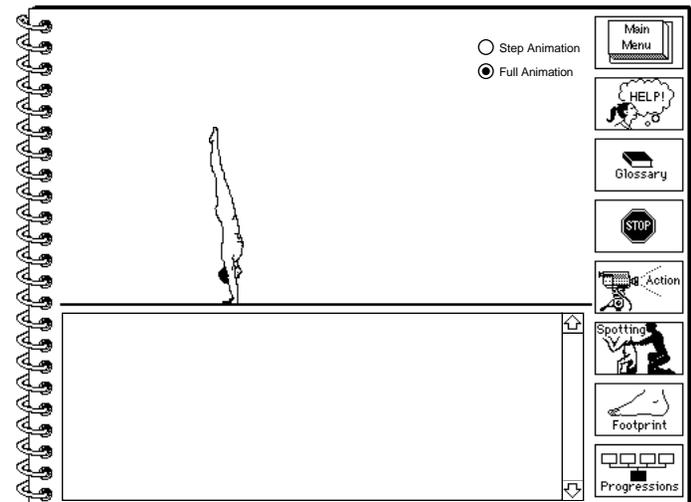
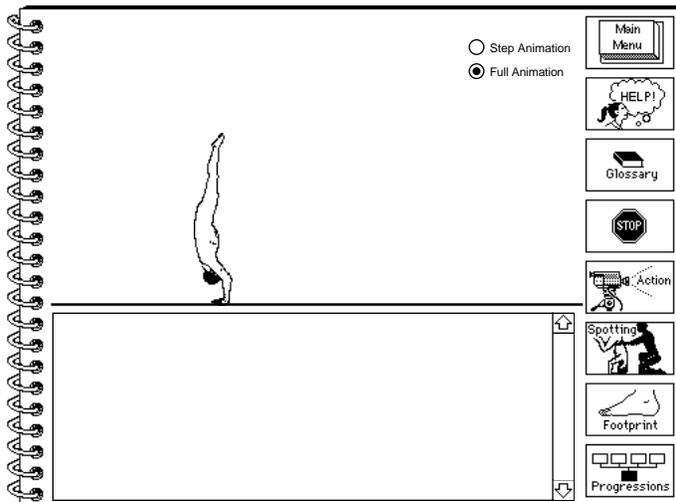
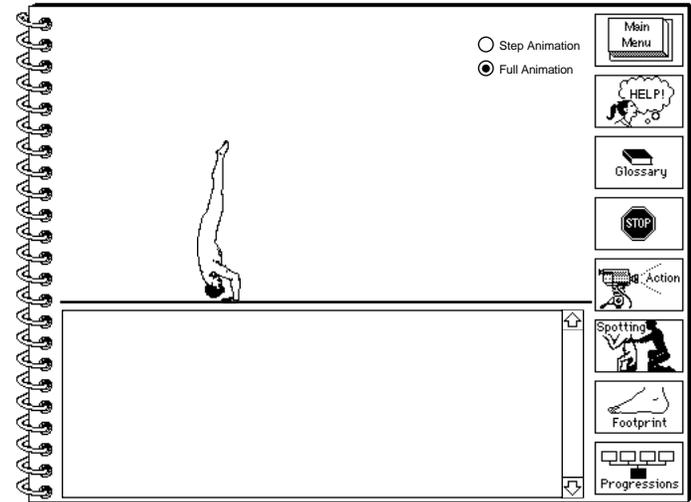
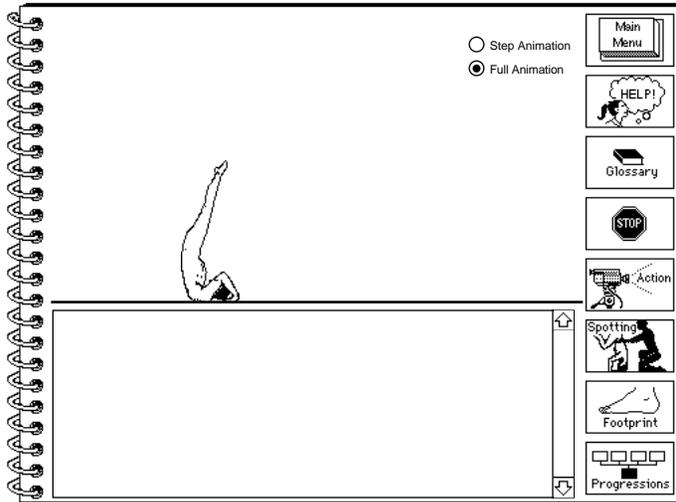
Tumbling Techniques



Tumbling Techniques



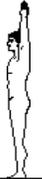
Tumbling Techniques



Tumbling Techniques



Step Animation
 Full Animation



Step Animation
 Full Animation

A variation to this skill incorporates the straight leg sitting action.. As the sit begins the arms are reaching downward and backward. The hands will make contact prior to the seat and slightly in front of the seat. During the sitting phase the hips are tightly piked to ensure that the hand placement precedes the seat contacting the floor. As the hands contact the mat the hips and trunk are rapidly opened to accelerate the body weight backward.

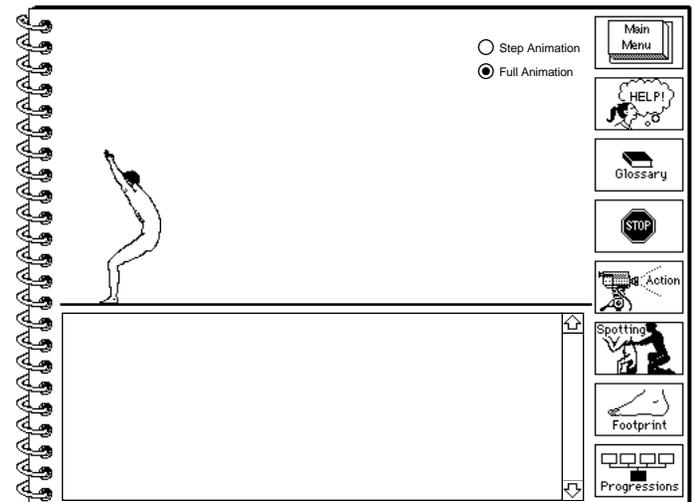
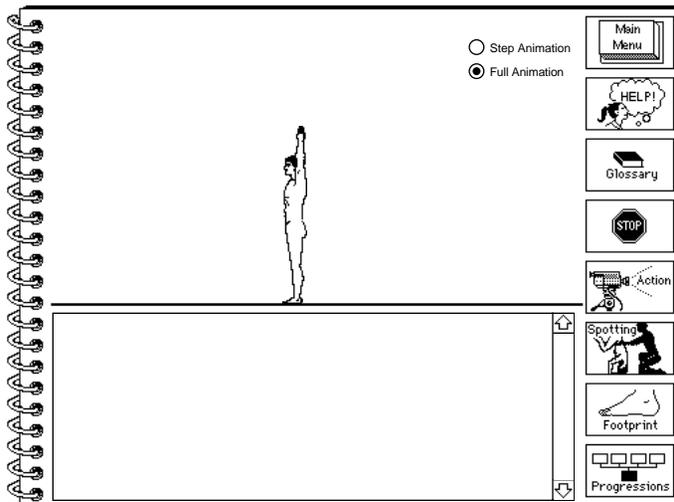
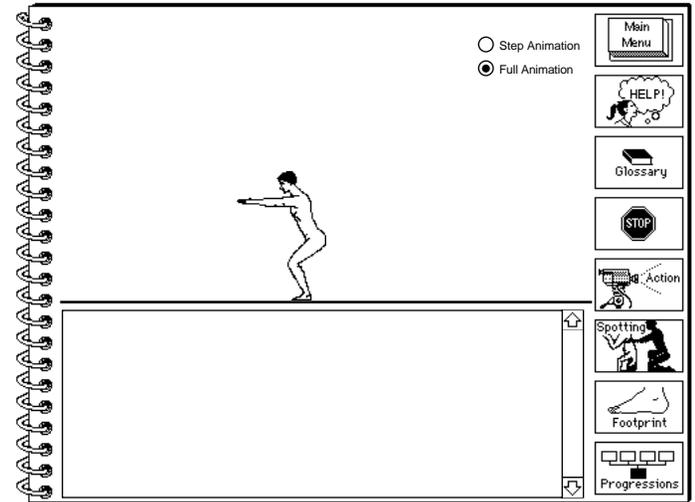
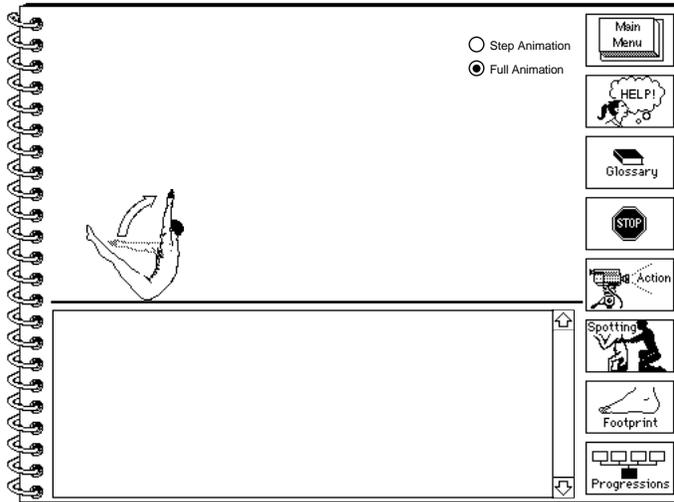


Step Animation
 Full Animation

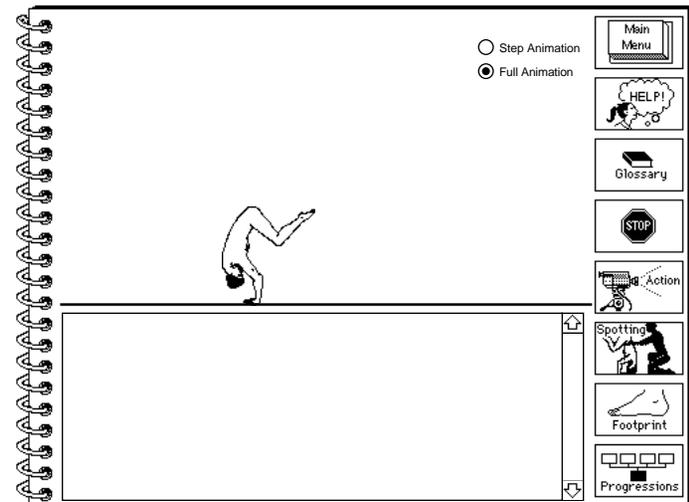
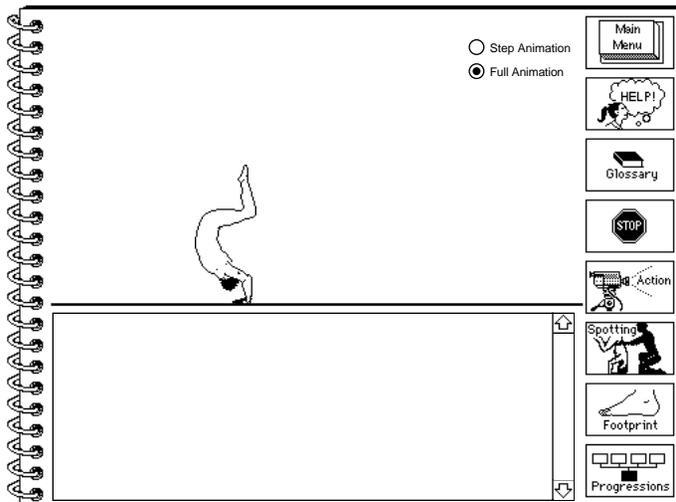
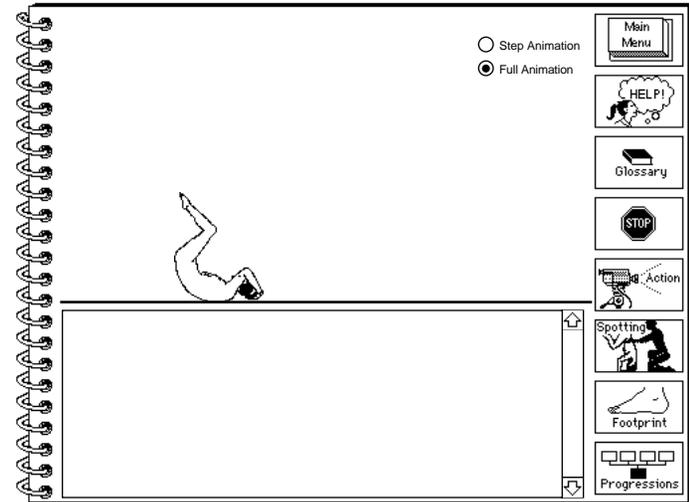
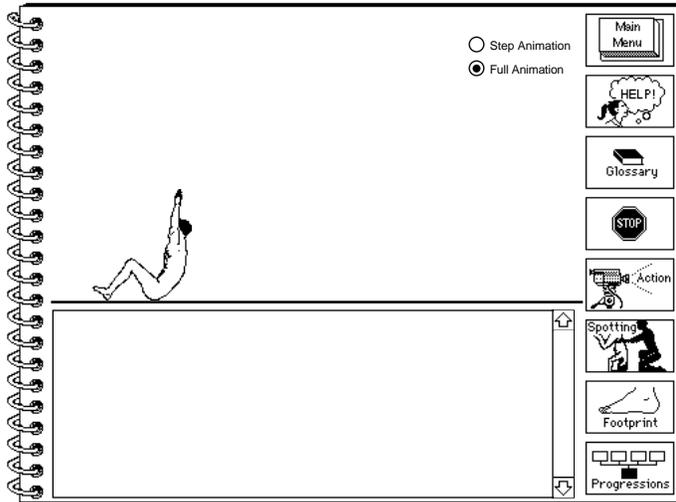


Step Animation
 Full Animation

Tumbling Techniques



Tumbling Techniques



Tumbling Techniques



○ Step Animation
● Full Animation

Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions

A software interface for a handstand tutorial. The main window shows a line drawing of a person in a handstand position. The interface includes a sidebar with navigation buttons: Main Menu, HELP!, Glossary, STOP, Action, Spotting, Footprint, and Progressions. At the top right, there are radio buttons for 'Step Animation' and 'Full Animation', with 'Full Animation' selected.



○ Step Animation
● Full Animation

Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions

A software interface for a handstand tutorial, identical to the first one, showing a front view of a handstand.

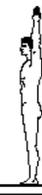


○ Step Animation
● Full Animation

Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions

A software interface for a handstand tutorial, identical to the first one, showing a front view of a handstand.

Backward Roll



○ Step Animation
● Full Animation

Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions

A software interface for a backward roll tutorial. The main window shows a line drawing of a person in a backward roll position. The interface includes a sidebar with navigation buttons: Main Menu, HELP!, Glossary, STOP, Action, Spotting, Footprint, and Progressions. At the top right, there are radio buttons for 'Step Animation' and 'Full Animation', with 'Full Animation' selected.

Tumbling Techniques

Candle

Step Animation
 Full Animation

Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
More...
Progressions



The candle is a basic building block for future learning. It provides a learning experience for both static alignment and hip and trunk rotation (as in rolls or flips).

In performing a candle, the performer should lie in a supine posture with the arms extended either side of the head. Ideally the back of the hands should be placed on the floor. From this position the performer should bend at the knees and hips and lift the legs above the hips. Then the performer should bend in the trunk (chest

Step Animation
 Full Animation

Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions



Step Animation
 Full Animation

Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions

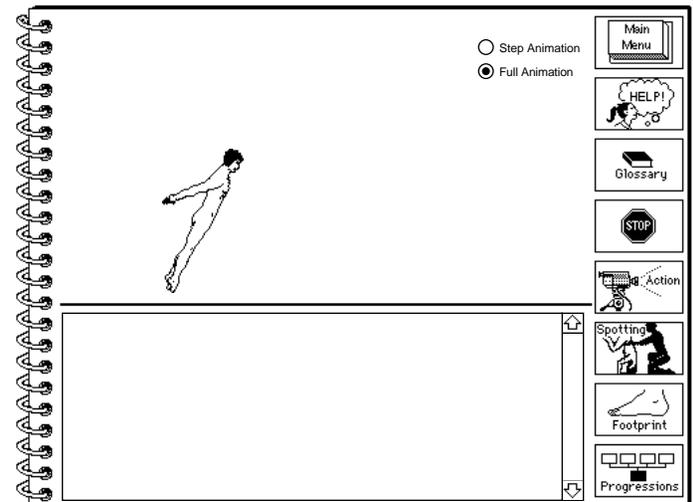
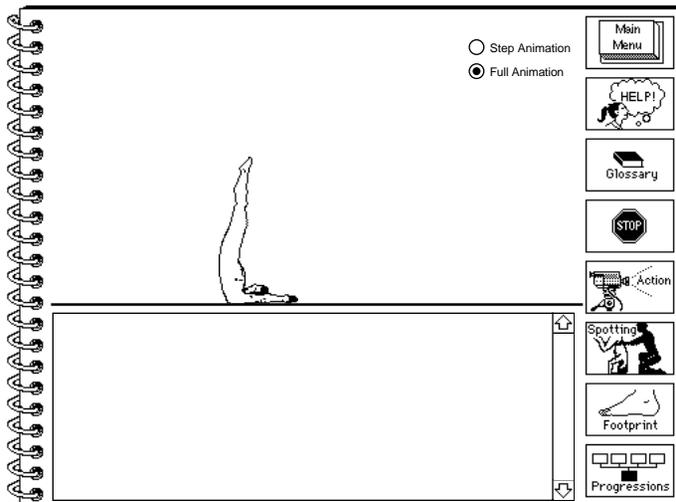
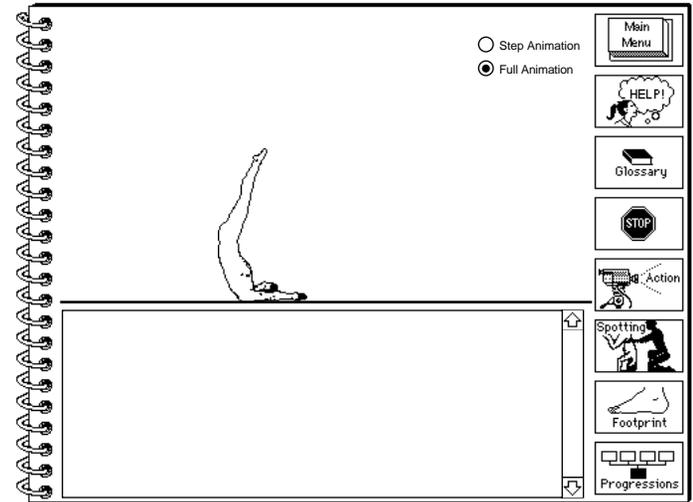
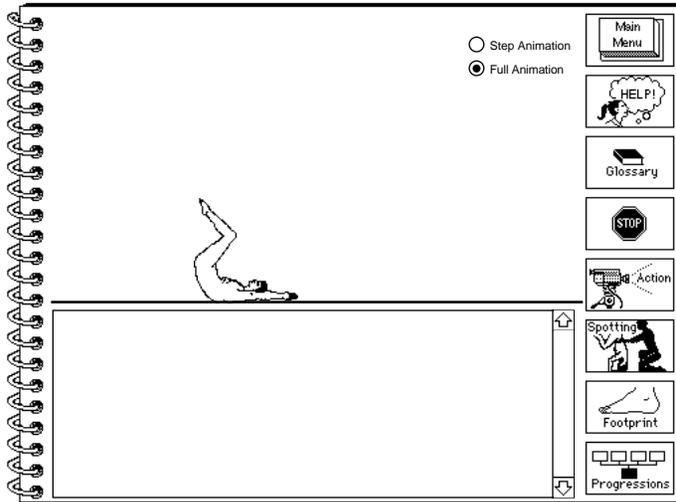


Step Animation
 Full Animation

Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions



Tumbling Techniques



Tumbling Techniques

Step Animation
 Full Animation



Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions

The spotter's near hand is placed PALM UP on the tumbler's near hip.

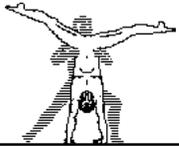
Step Animation
 Full Animation



Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions

the far hand is placed PALM DOWN on the opposite hip...

Step Animation
 Full Animation



Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions

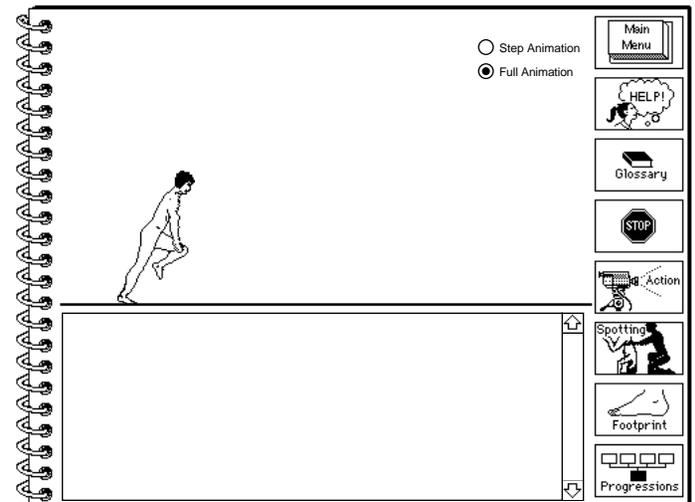
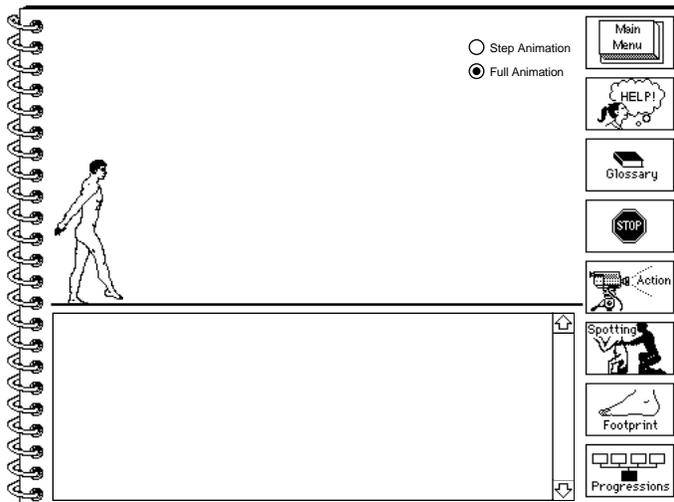
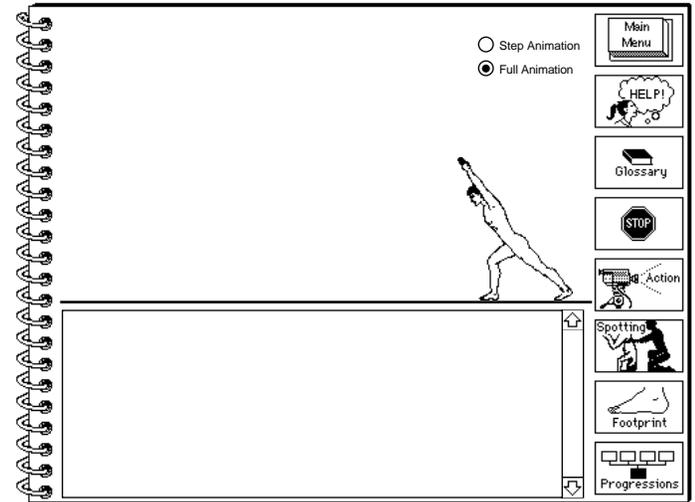
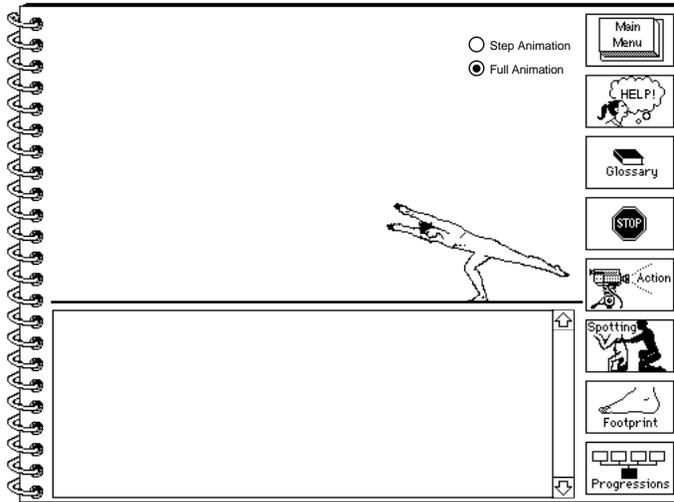
The spotter should move with the performer through the handstand.

Step Animation
 Full Animation

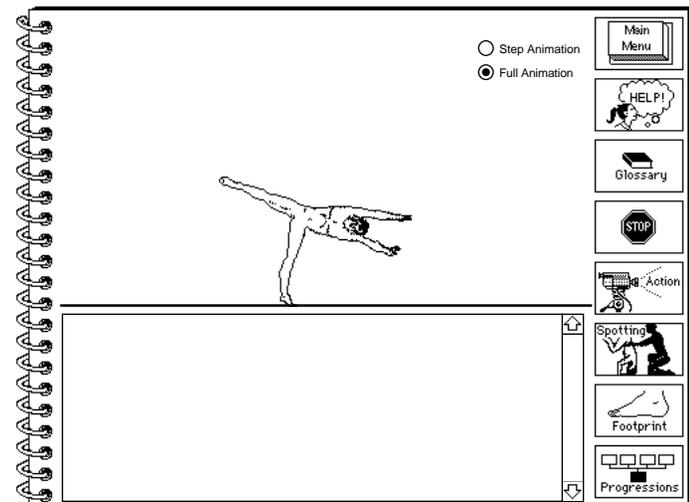
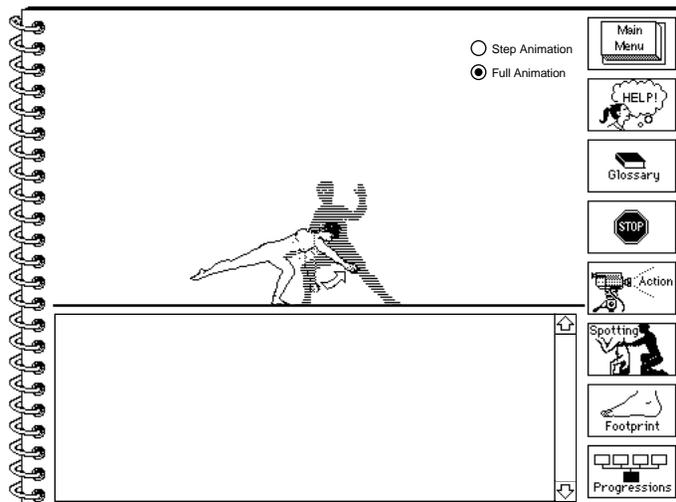
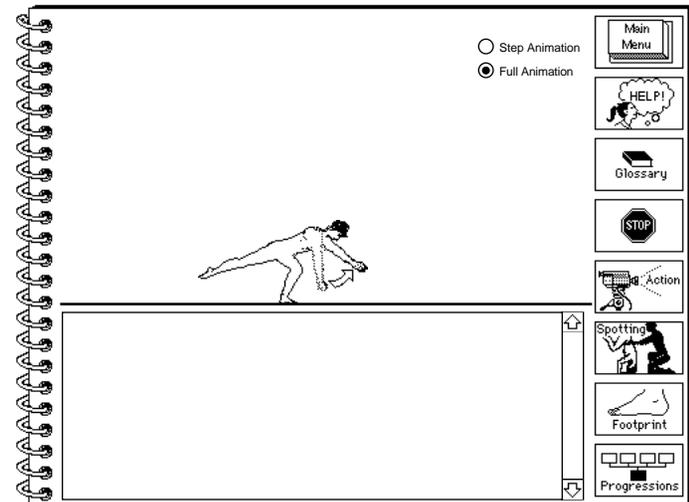
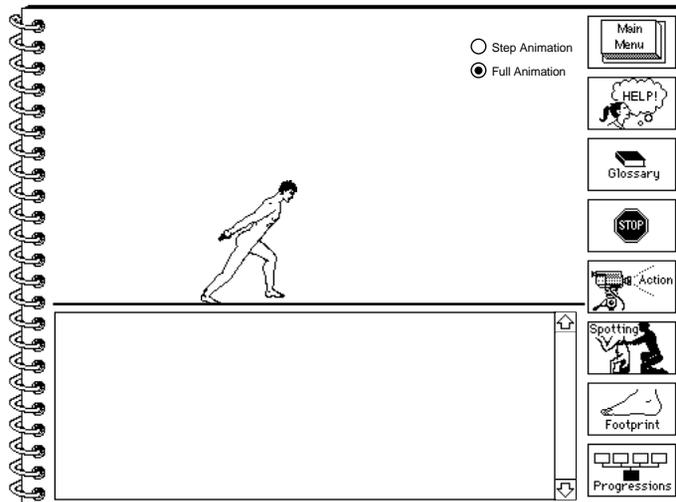


Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions

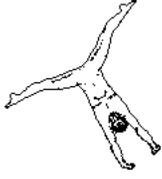
Tumbling Techniques



Tumbling Techniques

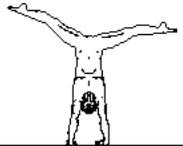


Tumbling Techniques



Step Animation
 Full Animation

Main Menu
 HELP!
 Glossary
 STOP
 Action
 Spotting
 Footprint
 Progressions



Step Animation
 Full Animation

Main Menu
 HELP!
 Glossary
 STOP
 Action
 Spotting
 Footprint
 Progressions

Dive Cartwheel



The dive cartwheel is similar to the front to back cartwheel in all but one way. It differs in that during the approach the hurdle step calls for either an arm drag (for the forward arm swing takeoff) or an early arm swing forward (for a reverse/Russian lift). The arm drag to the forward arm lift is most commonly used, so it is depicted here.

After a short running approach the skip hurdle step is used with an arm drag. The performer then steps forward with his left foot. As the

Step Animation
 Full Animation

Main Menu
 HELP!
 Glossary
 STOP
 Action
 Spotting
 Footprint
 Progressions

Dive Roll



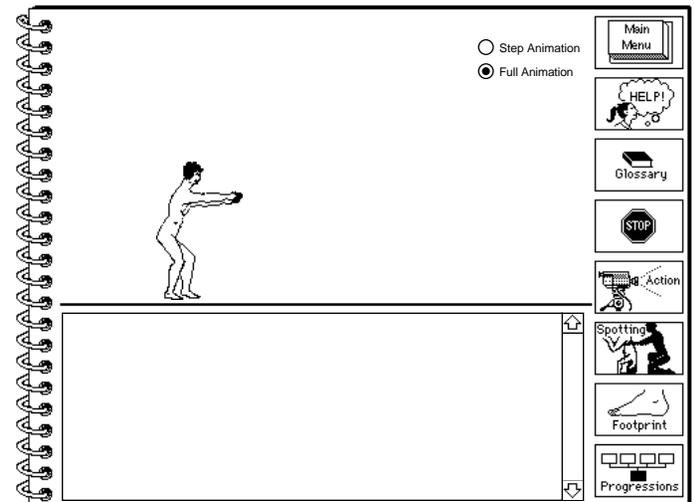
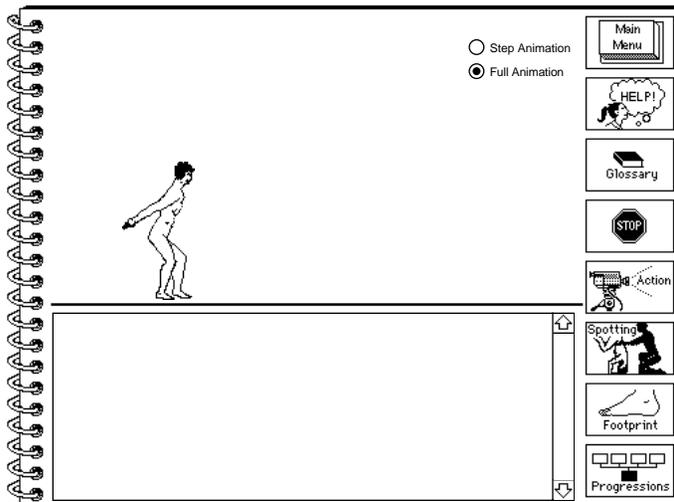
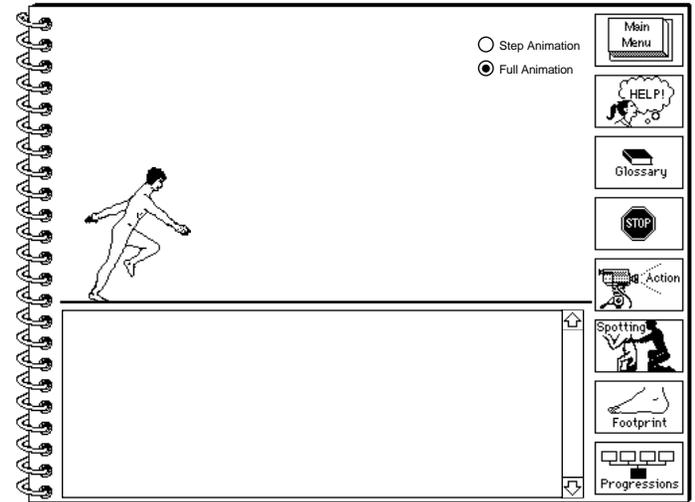
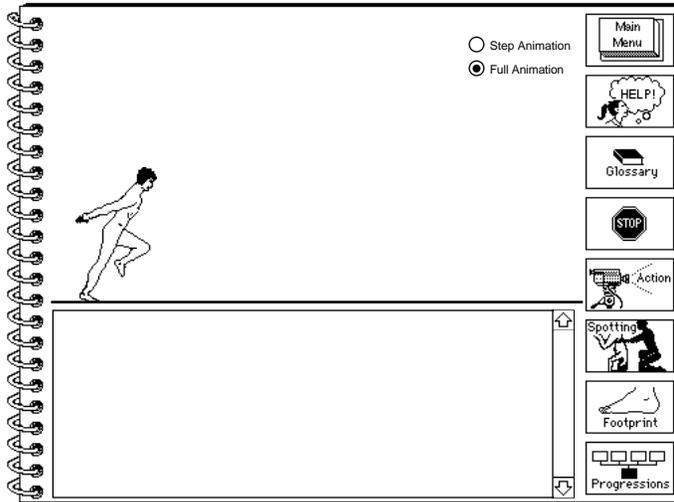
The dive roll is begun with a run to a two foot hurdle step. As the performer hops off his final foot the arm drag technique is used so that as the two foot landing occurs either the Russian or forward arm swing may be used with takeoff. At takeoff the performer presses the lower back flat and chest pikes to initiate rotation. The arm swing should only continue about as high as the shoulders. The buttocks and back are contracted to stretch the hips completely during flight.

Step Animation
 Full Animation

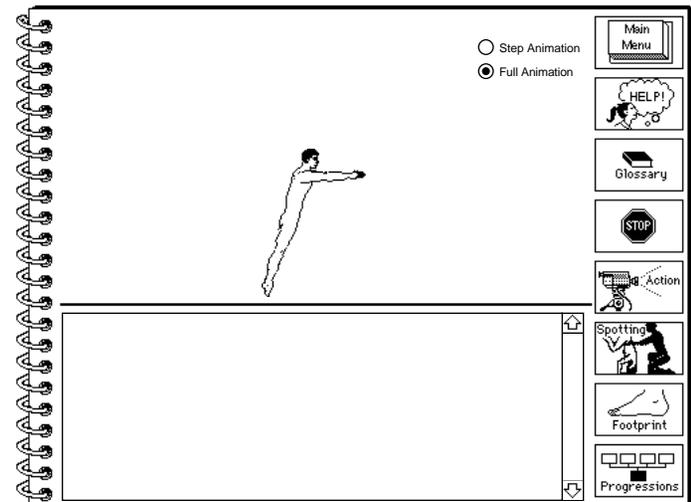
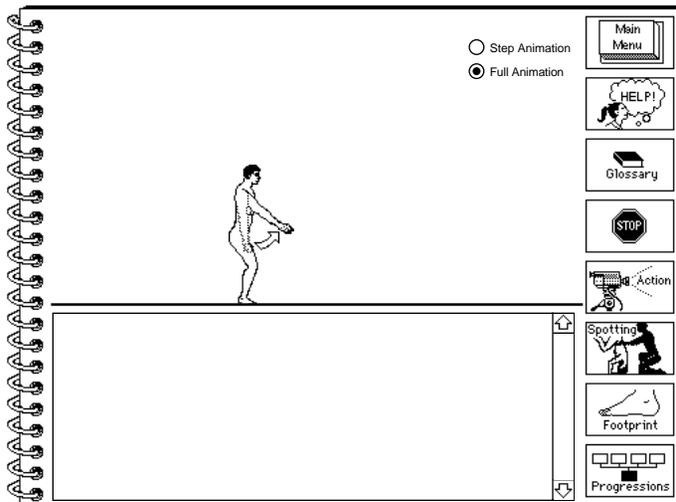
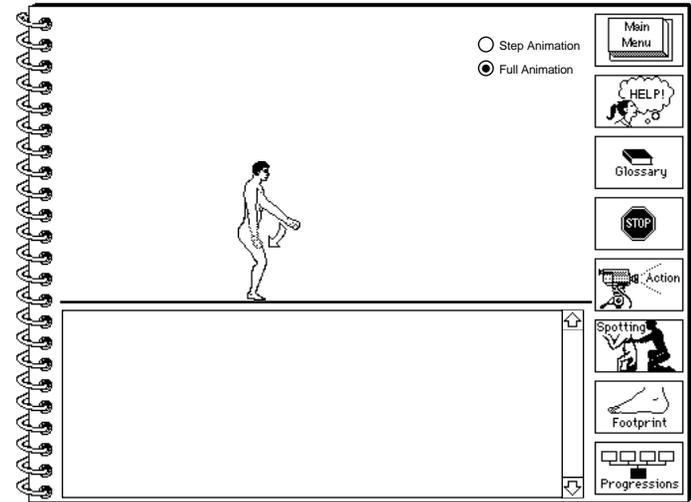
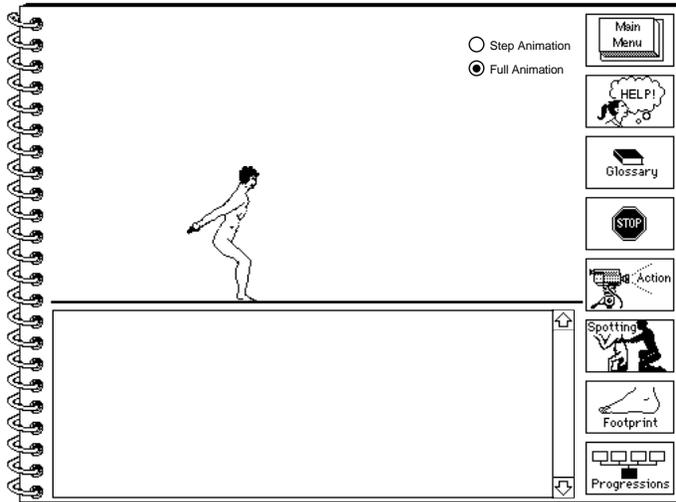
Main Menu
 HELP!
 Glossary
 STOP
 Action
 Spotting
 Footprint
 Progressions

Forward arm swing
 Russian arm swing

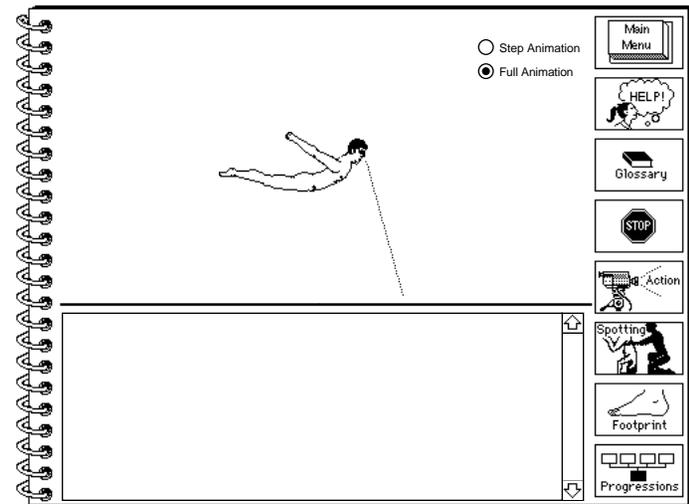
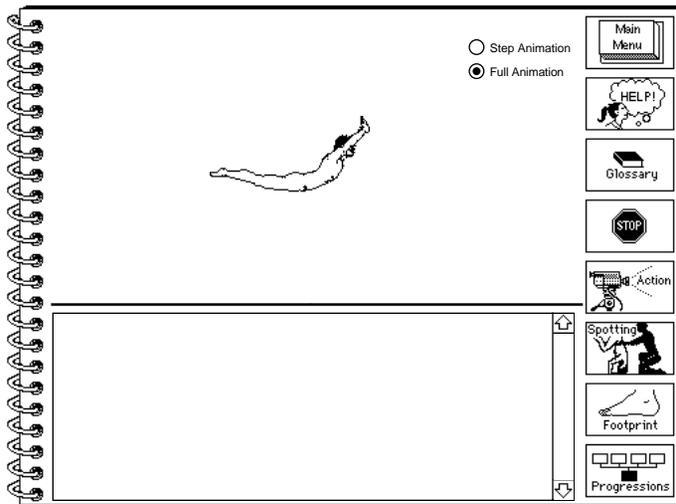
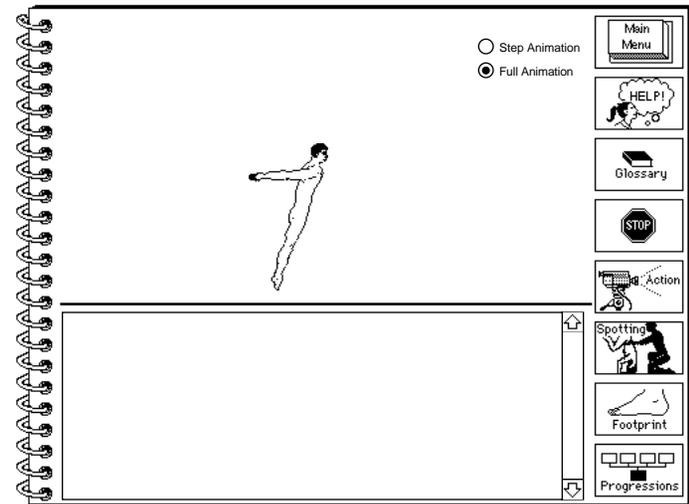
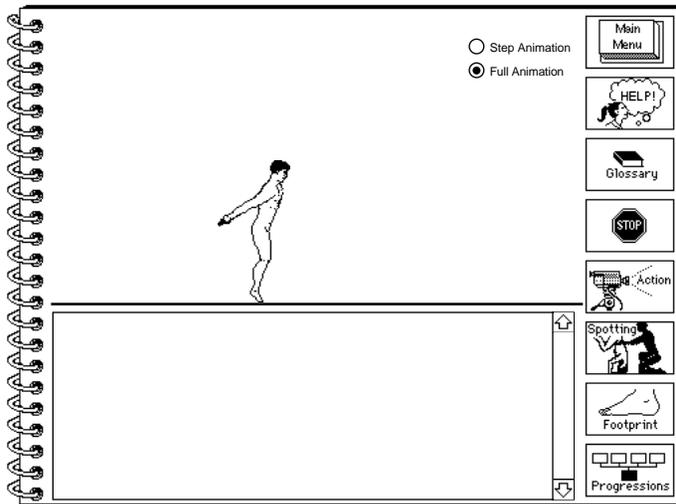
Tumbling Techniques



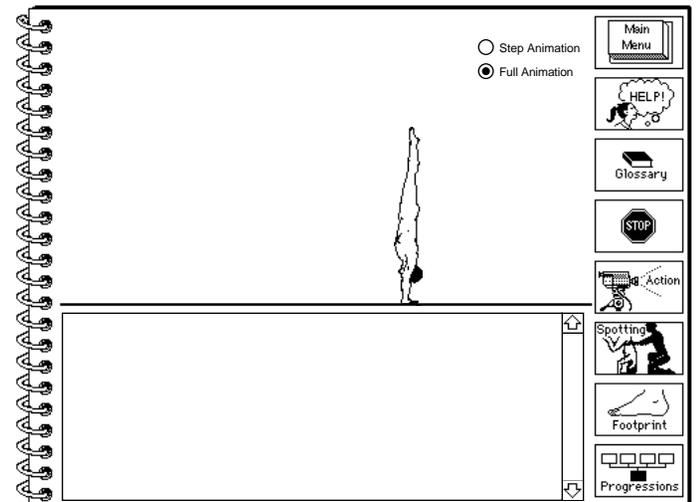
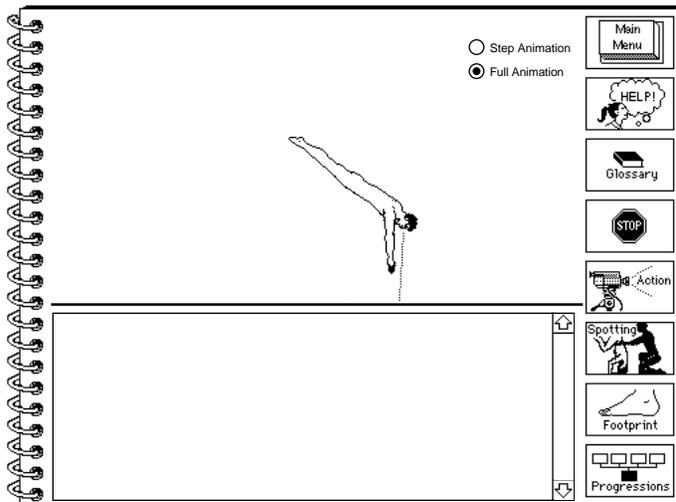
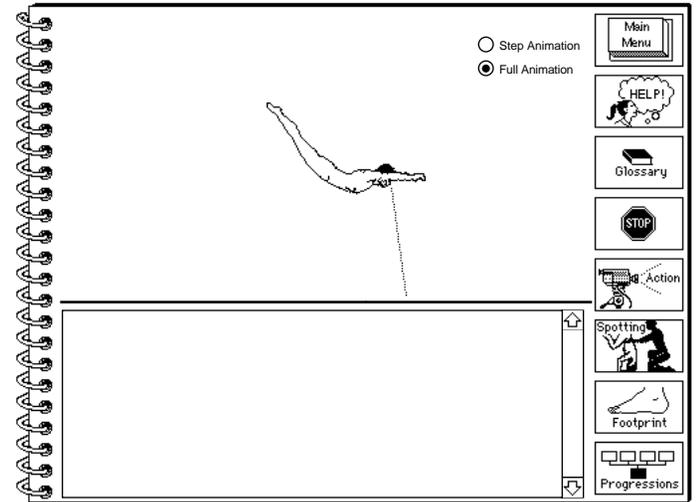
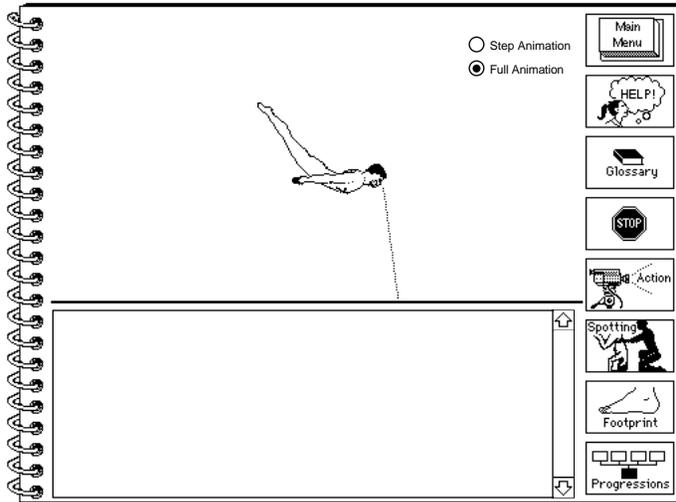
Tumbling Techniques



Tumbling Techniques



Tumbling Techniques



Tumbling Techniques

Step Animation
 Full Animation



Main Menu
 HELP!
 Glossary
 STOP
 Action
 Spotting
 Footprint
 Progressions

Downhill Roll Backward

Step Animation
 Full Animation



Main Menu
 HELP!
 Glossary
 STOP
 Action
 Spotting
 Footprint
 Progressions

The use of an incline may be employed for teaching several skills but, it is of extraordinary value for forward and backward rolls. The angle of the mat is only slightly above horizontal (15 to 30 degrees). How much of an incline is needed really depends on the skill and abdominal strength of the student. The incline allows gravity to assist the learner to a greater extent.

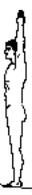
The beginner begins by standing atop the peak, squatting and rolling. After mastering this progression, the student may be

Step Animation
 Full Animation



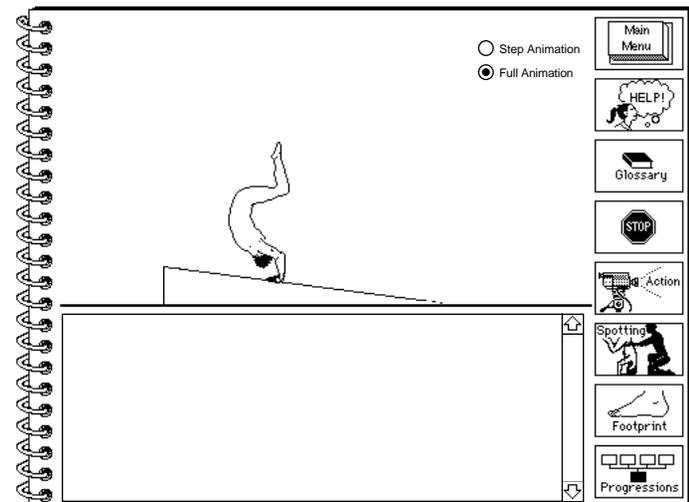
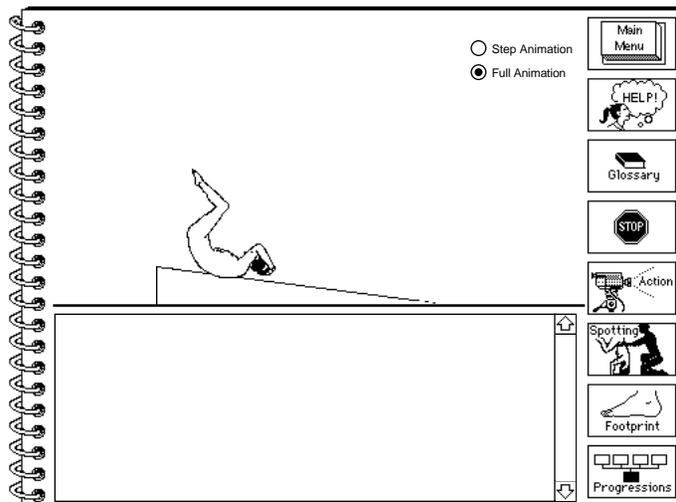
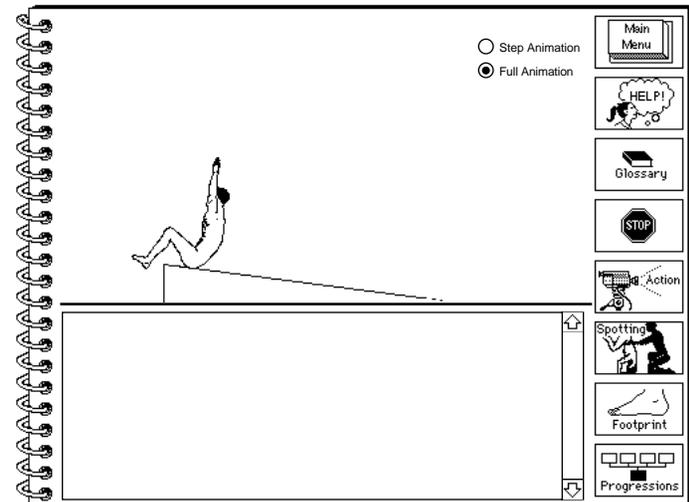
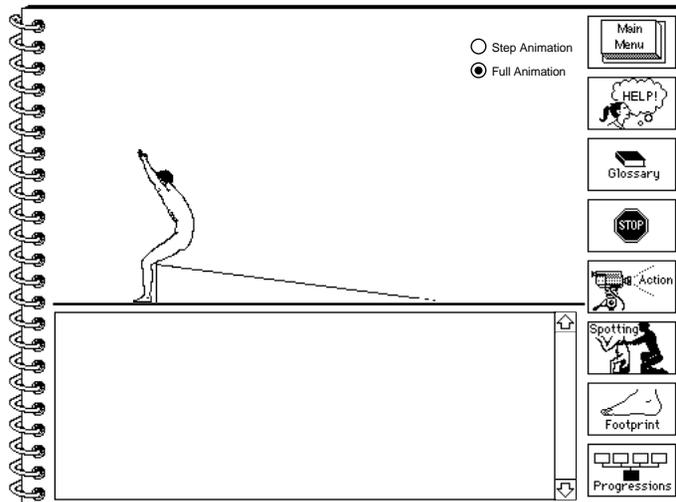
Main Menu
 HELP!
 Glossary
 STOP
 Action
 Spotting
 Footprint
 Progressions

Step Animation
 Full Animation

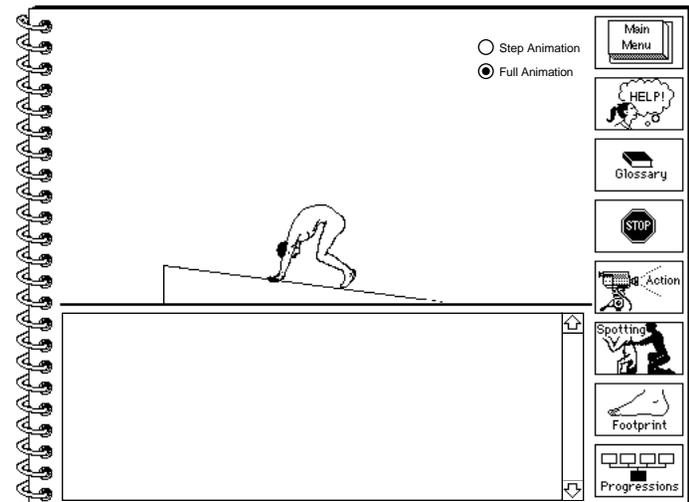
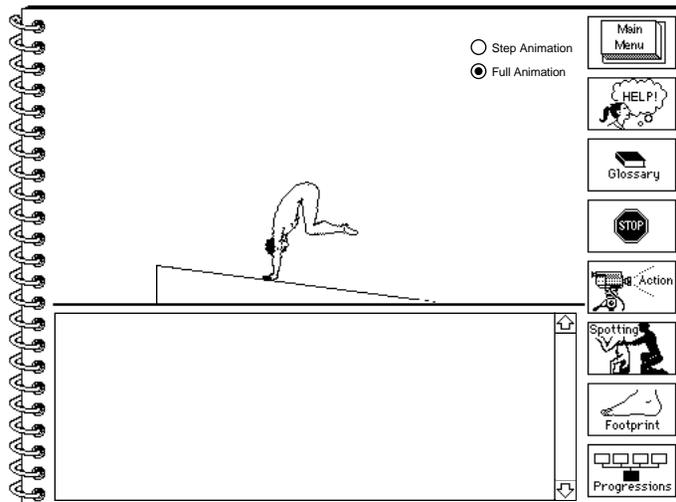
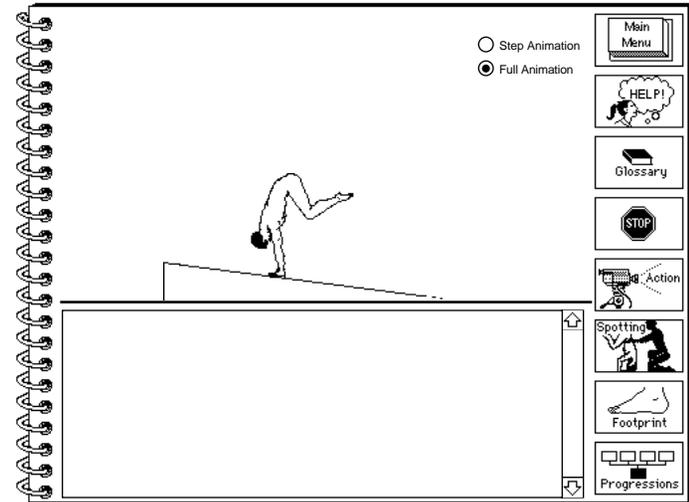
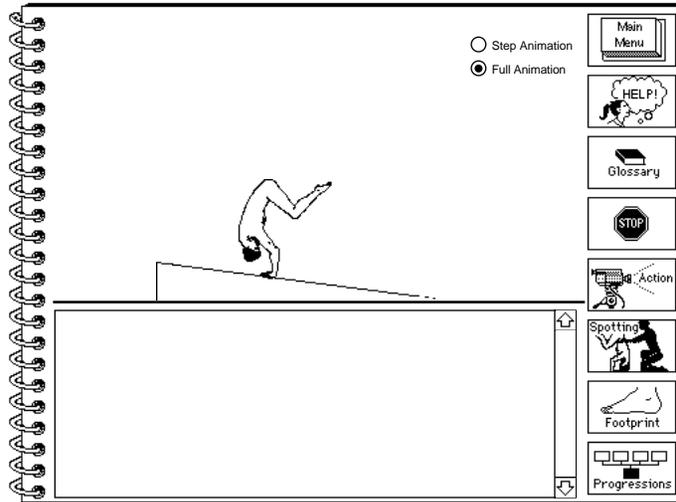


Main Menu
 HELP!
 Glossary
 STOP
 Action
 Spotting
 Footprint
 Progressions

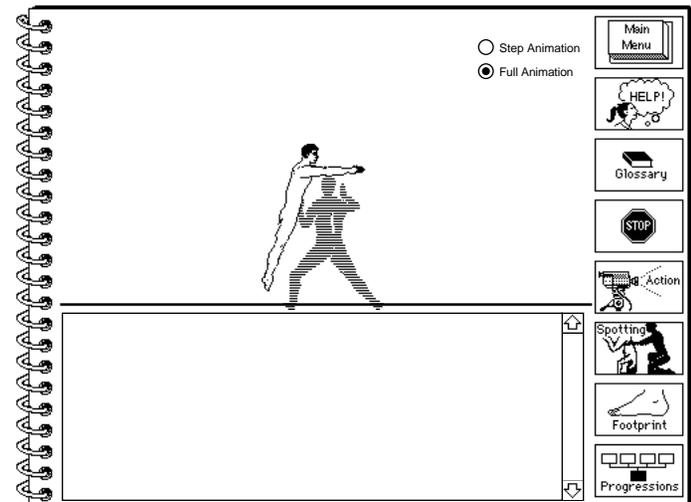
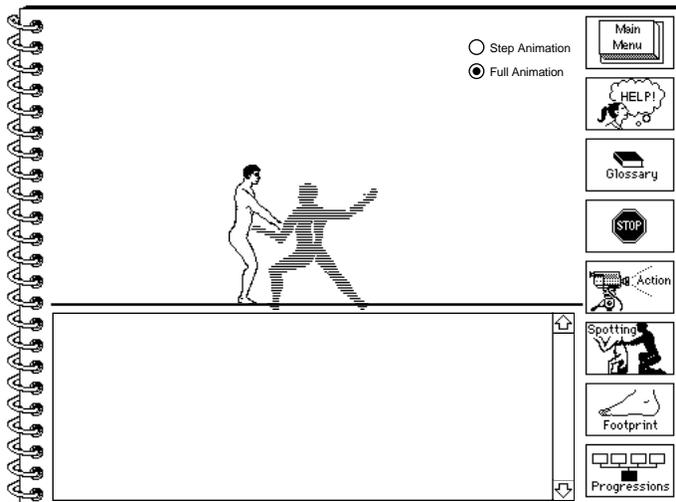
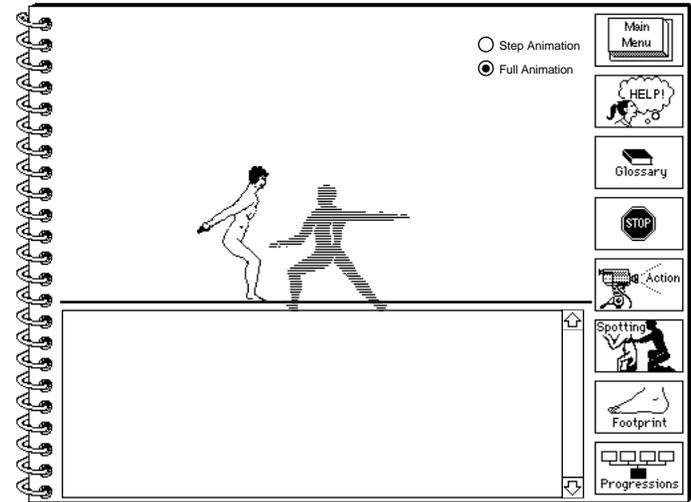
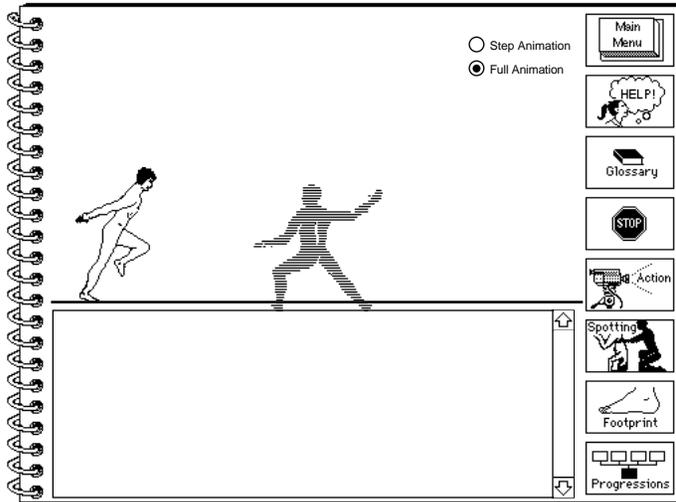
Tumbling Techniques



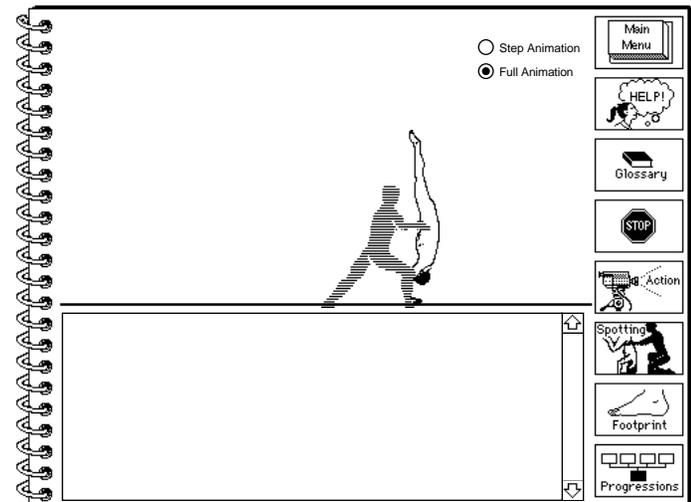
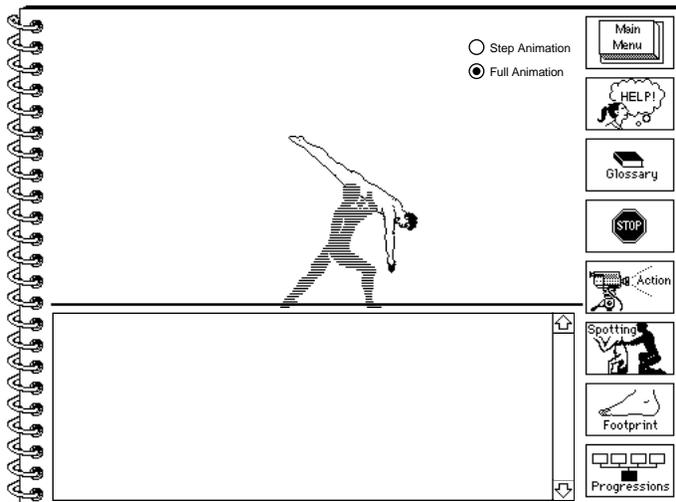
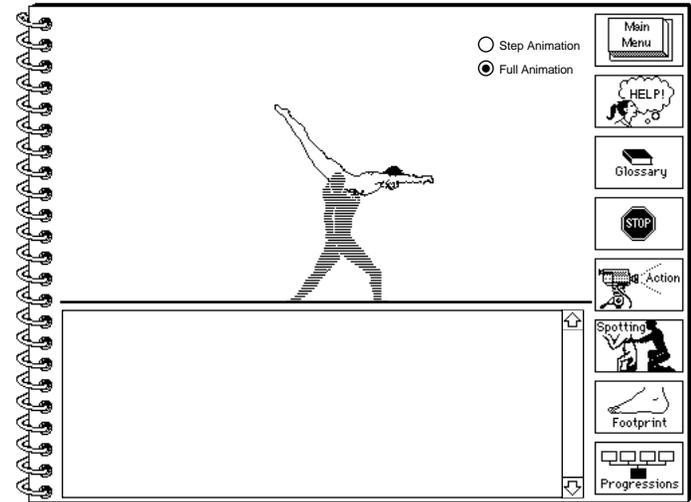
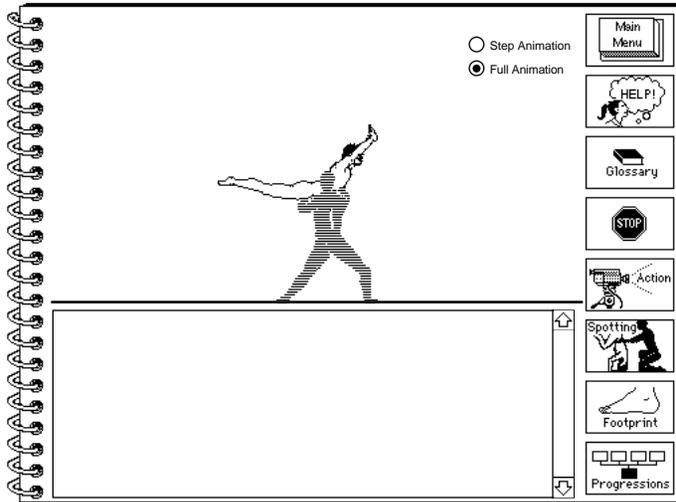
Tumbling Techniques



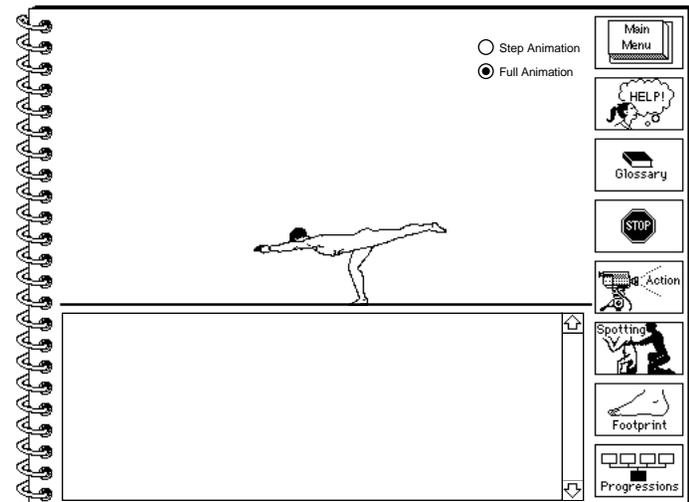
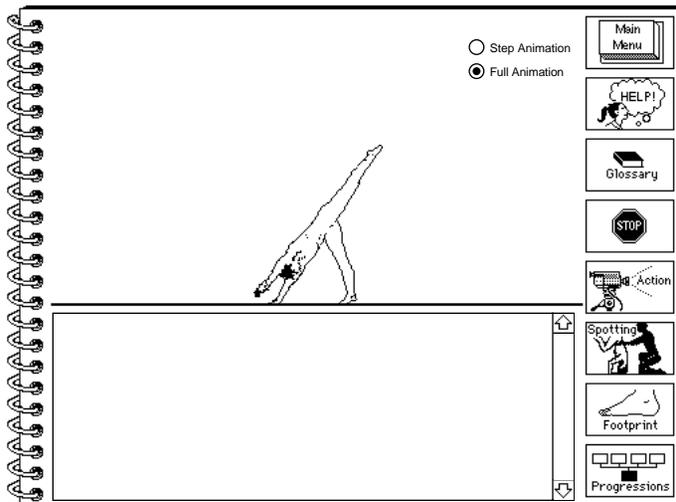
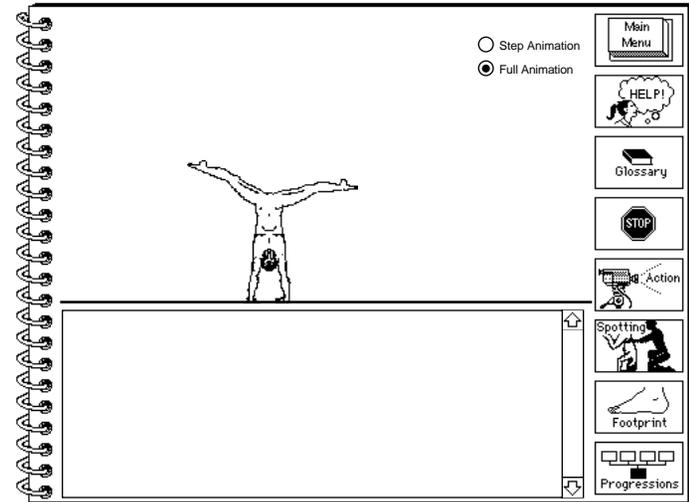
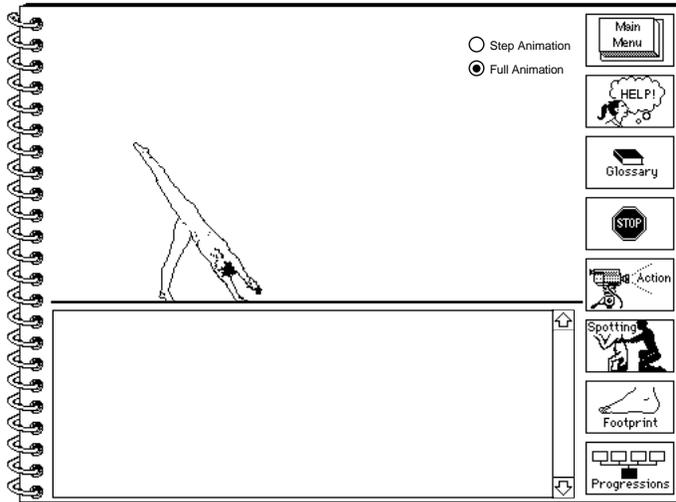
Tumbling Techniques



Tumbling Techniques



Tumbling Techniques



Tumbling Techniques



Step Animation
 Full Animation

Main Menu

HELP!

Glossary

STOP

Action

Spotting

Footprint

Progressions



Step Animation
 Full Animation

Main Menu

HELP!

Glossary

STOP

Action

Spotting

Footprint

Progressions

Flipflop (back handspring)



Common Errors...

The flipflop or back handspring is a very popular and dynamic skill that most beginning to intermediate tumblers desire to master. The performer must have a solid handstand with good shoulder and hip alignment before attempting this skill. In general, the skill is nothing more than a jump backward into a handstand followed by a shoulder thrust as the legs and hips are snapped downward to a stand. This "snap-down" action is similar to the action used from the handstand position in a roundoff.

Step Animation
 Full Animation

Main Menu

HELP!

Glossary

STOP

Action

Spotting

Footprint

Progressions



Step Animation
 Full Animation

Main Menu

HELP!

Glossary

STOP

Action

Spotting

Footprint

Progressions

Tumbling Techniques

○ Step Animation
● Full Animation

Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions

The software interface displays a person in a handstand position. The interface includes a control panel with radio buttons for 'Step Animation' and 'Full Animation', and a vertical menu with icons for 'Main Menu', 'HELP!', 'Glossary', 'STOP', 'Action', 'Spotting', 'Footprint', and 'Progressions'. A large empty rectangular area is positioned below the person's image.

○ Step Animation
● Full Animation

Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions

The software interface displays a person in a handstand position. The interface includes a control panel with radio buttons for 'Step Animation' and 'Full Animation', and a vertical menu with icons for 'Main Menu', 'HELP!', 'Glossary', 'STOP', 'Action', 'Spotting', 'Footprint', and 'Progressions'. A large empty rectangular area is positioned below the person's image.

○ Step Animation
● Full Animation

Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions

The software interface displays a person in a handstand position. The interface includes a control panel with radio buttons for 'Step Animation' and 'Full Animation', and a vertical menu with icons for 'Main Menu', 'HELP!', 'Glossary', 'STOP', 'Action', 'Spotting', 'Footprint', and 'Progressions'. A large empty rectangular area is positioned below the person's image.

○ Step Animation
● Full Animation

Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions

The software interface displays a person in a handstand position. The interface includes a control panel with radio buttons for 'Step Animation' and 'Full Animation', and a vertical menu with icons for 'Main Menu', 'HELP!', 'Glossary', 'STOP', 'Action', 'Spotting', 'Footprint', and 'Progressions'. A large empty rectangular area is positioned below the person's image.

Tumbling Techniques

Step Animation
 Full Animation

Main Menu

HELP!

Glossary

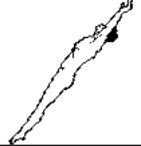
STOP

Action

Spotting

Footprint

Progressions



Step Animation
 Full Animation

Main Menu

HELP!

Glossary

STOP

Action

Spotting

Footprint

Progressions



The "sit and reach drill" is effective for easing the performer into the combination of sitting properly, then pushing with the legs and reaching up and backward for the flipflop. All this without ever leaving the ground. It is a very easy spot, but the spotter **MUST** reach for the performer... don't wait for them to come to you. Grasp the tumbler on the sides of the back, on the shoulder blades. Spotters should keep their head a bit to the side to avoid head butts.

Step Animation
 Full Animation

Main Menu

HELP!

Glossary

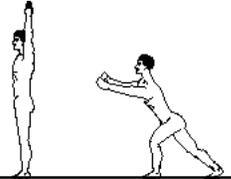
STOP

Action

Spotting

Footprint

Progressions



The "sit and jump" is a modification of the sit and reach. Have the performer push and reach so hard that he actually leave the ground. The spotter should catch him on the way up, or he'll "spaz" (flail the arms and legs as descent begins). Remember "Reach for the performer!" Catch them on the way up- then ease them back down onto his feet.

Step Animation
 Full Animation

Main Menu

HELP!

Glossary

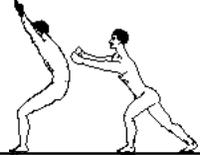
STOP

Action

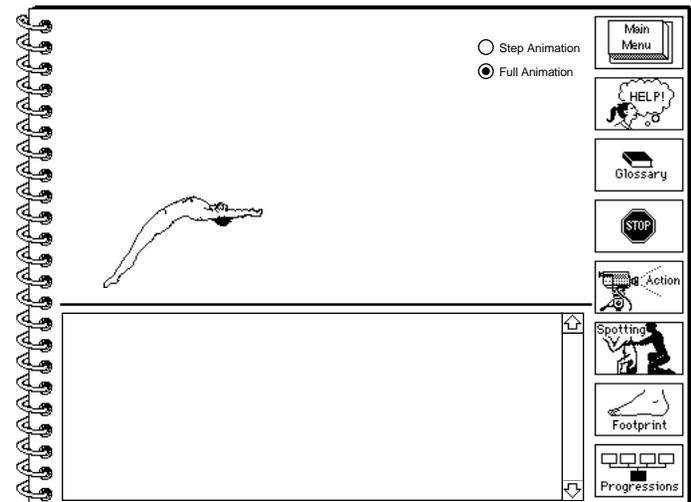
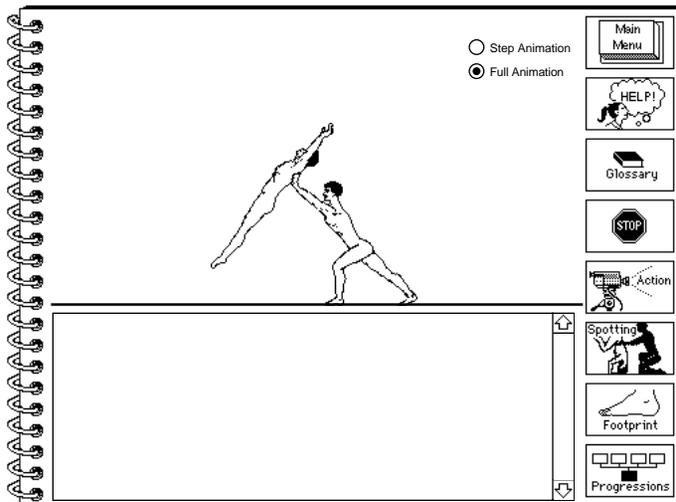
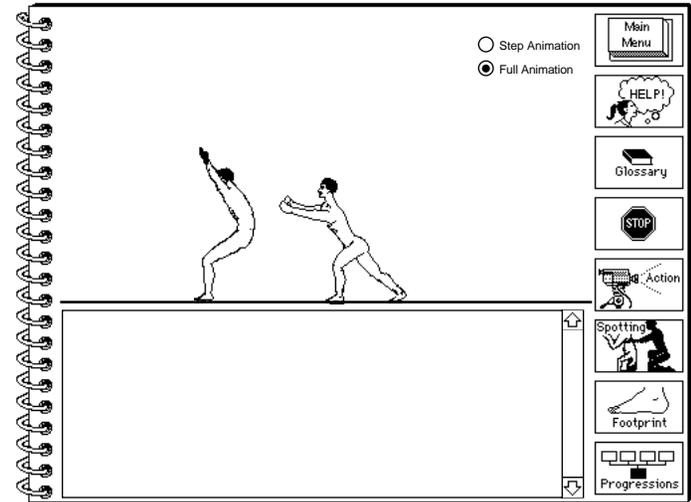
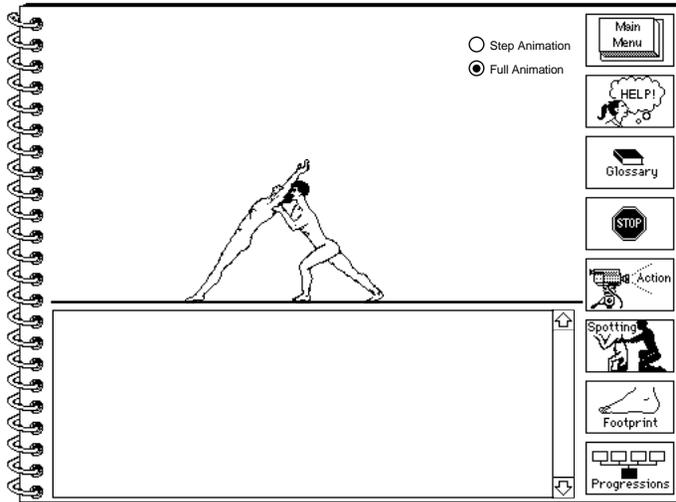
Spotting

Footprint

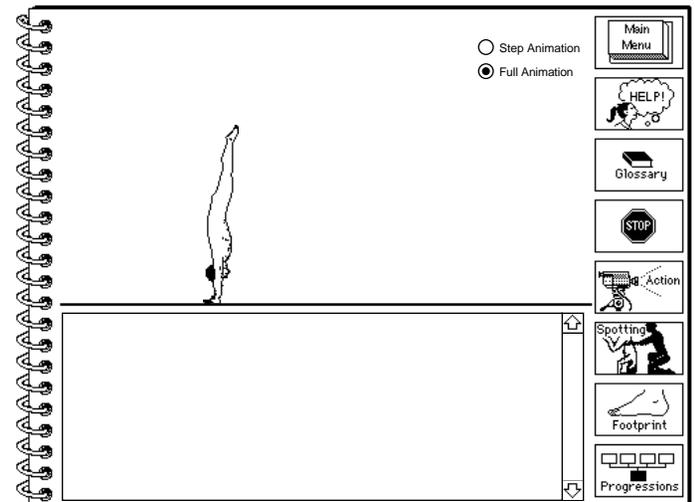
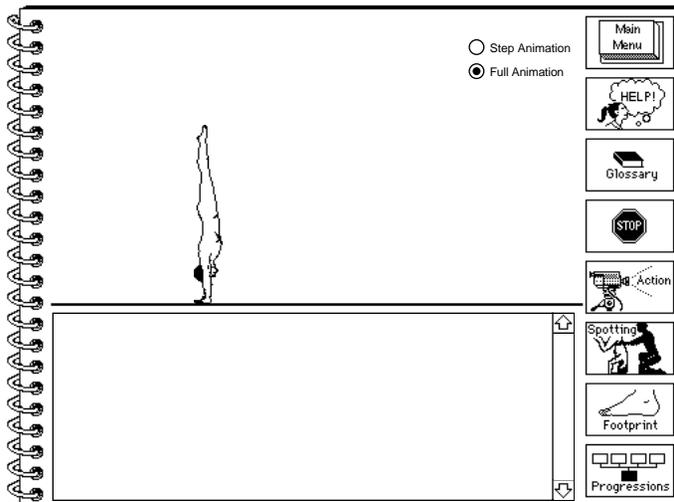
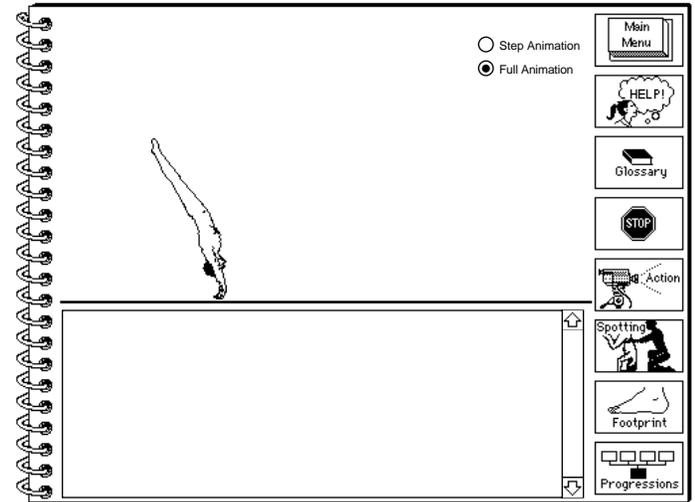
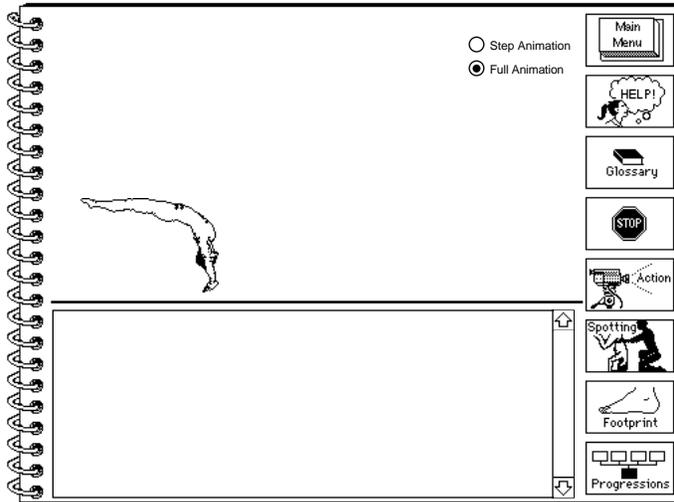
Progressions



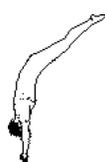
Tumbling Techniques



Tumbling Techniques



Tumbling Techniques



Step Animation
 Full Animation

Main Menu

HELP!

Glossary

STOP

Action

Spotting

Footprint

Progressions

Front Handspring



Step Animation
 Full Animation

Main Menu

HELP!

Glossary

STOP

Action

Spotting

Footprint

Progressions

Common Errors...

The early portion of a front handspring is simply an accelerated version of the step to the handstand. If a tight body is maintained through the handstand the performer will spring from the floor and rotate onto the feet. The hardest part of the skill is for the performer to keep the landing out of the mind long enough to kick into a properly aligned handstand!

After the skip step the body is rotated into the handstand in a fashion very similar to the step to handstand but about 5 times as




Step Animation
 Full Animation

Main Menu

HELP!

Glossary

STOP

Action

Spotting

Footprint

Progressions



Step Animation
 Full Animation

Main Menu

HELP!

Glossary

STOP

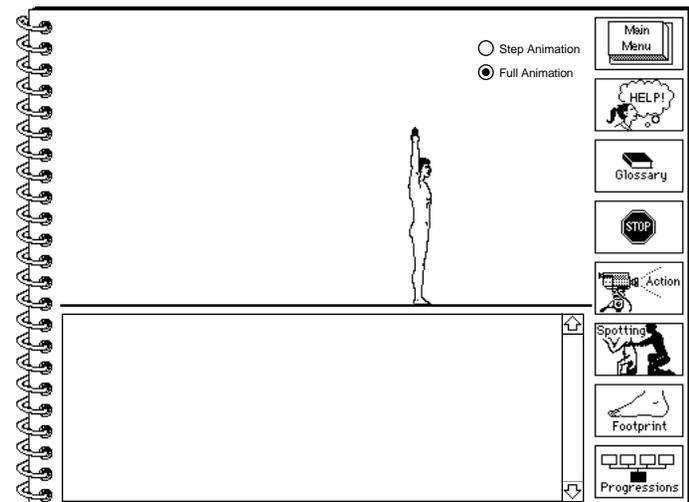
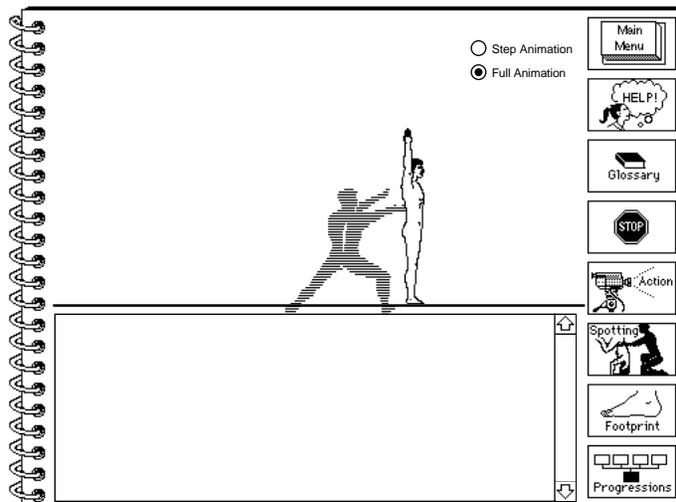
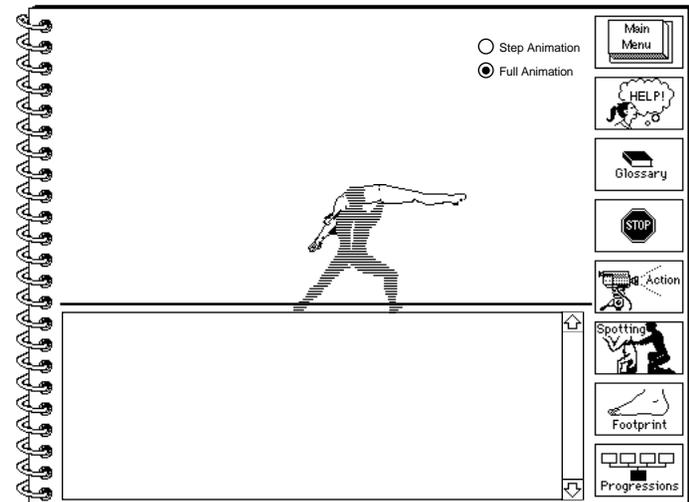
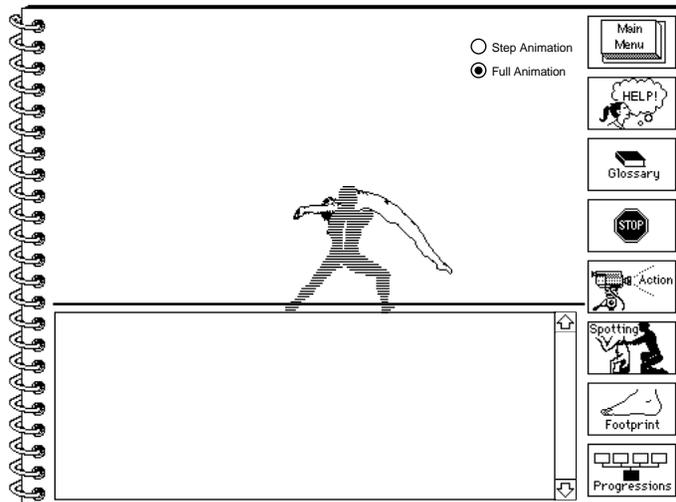
Action

Spotting

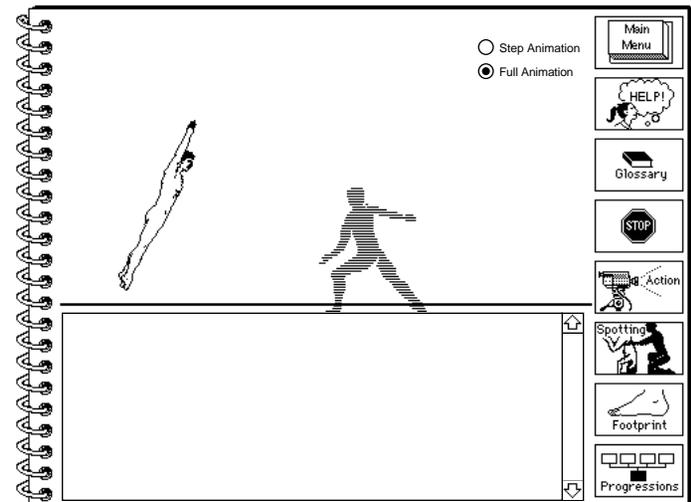
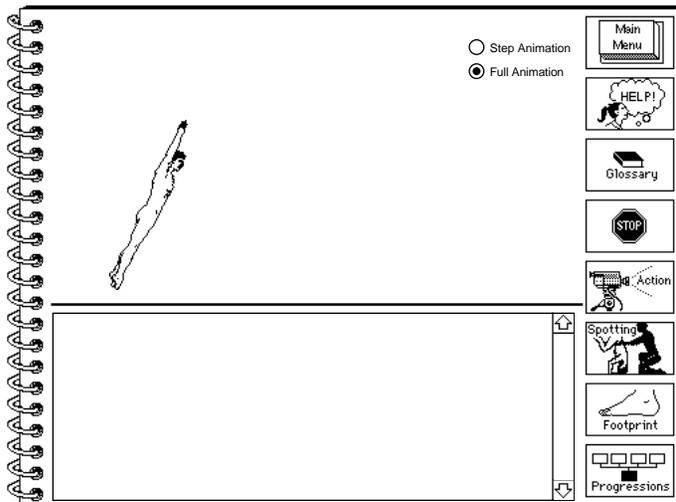
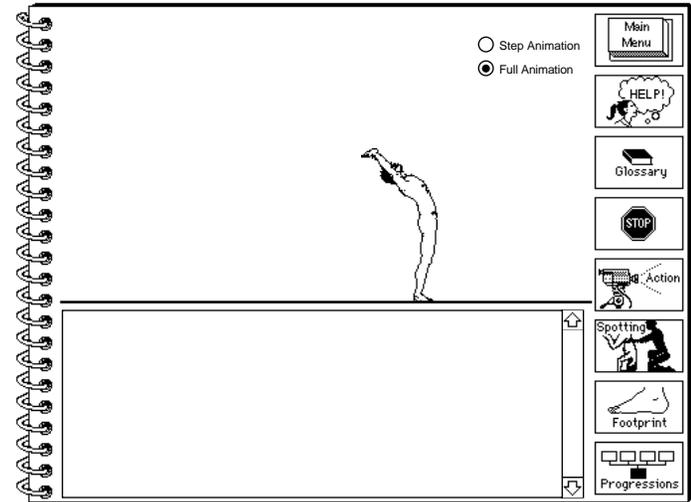
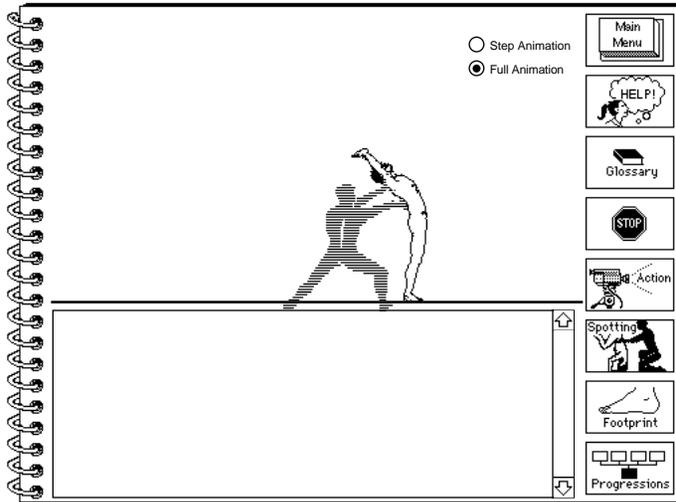
Footprint

Progressions

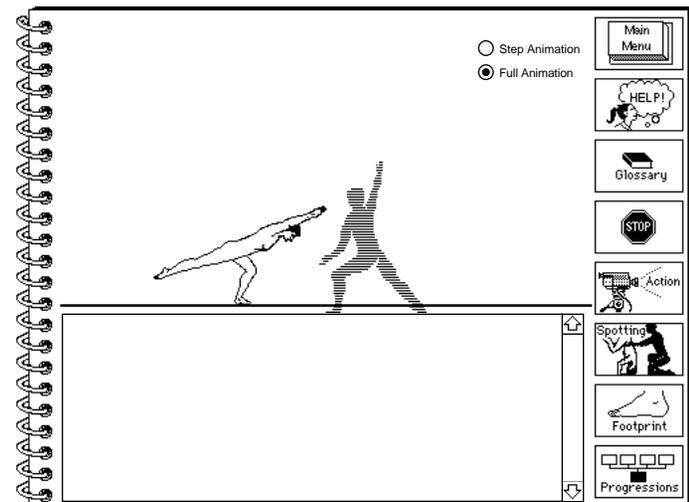
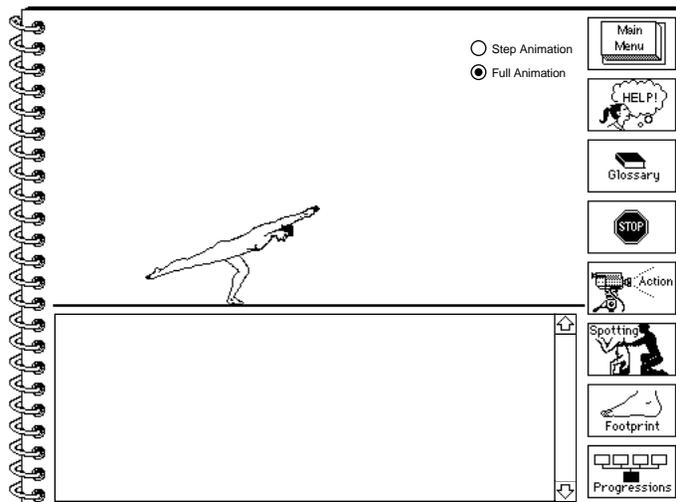
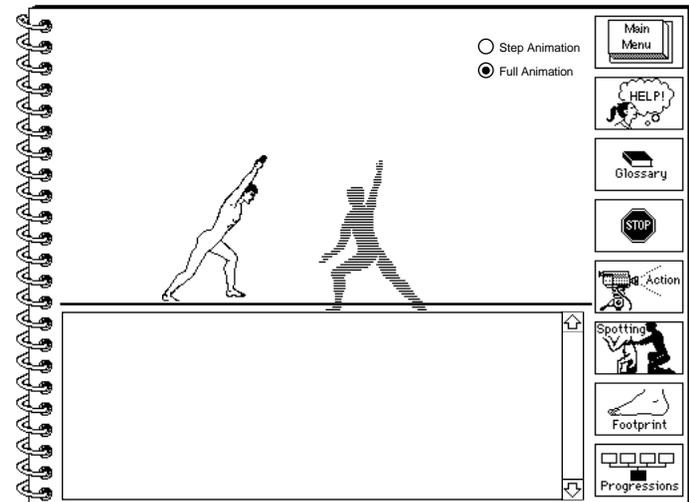
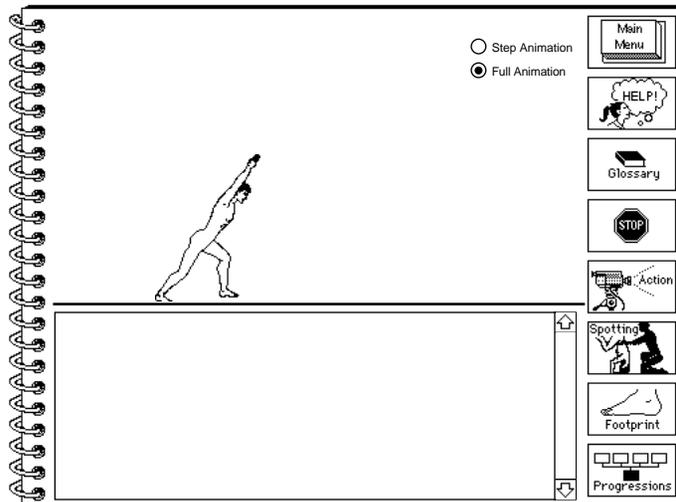
Tumbling Techniques



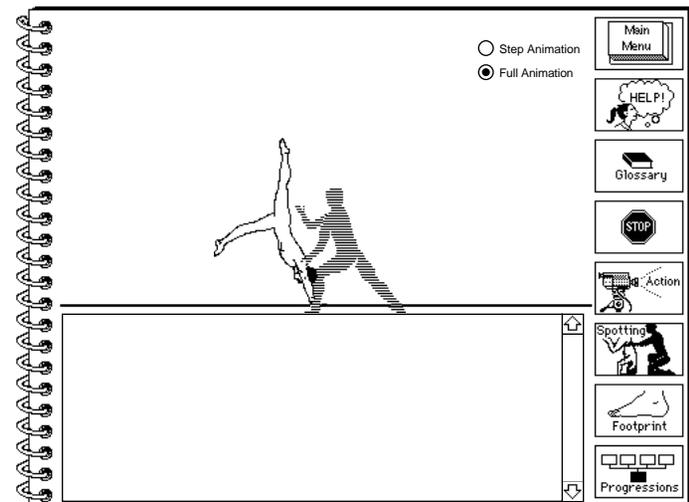
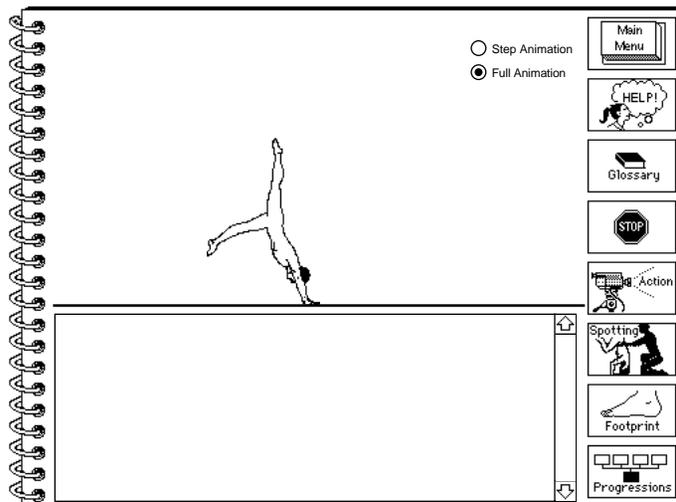
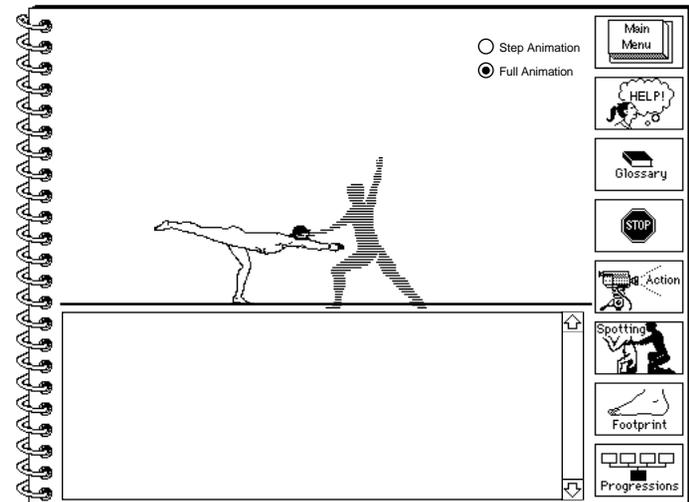
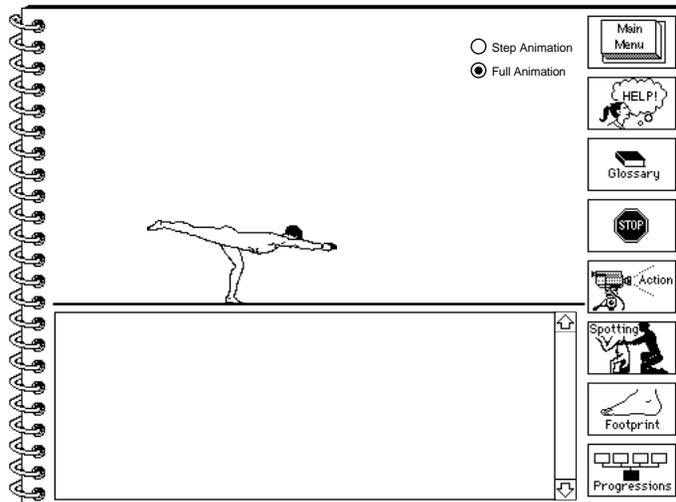
Tumbling Techniques



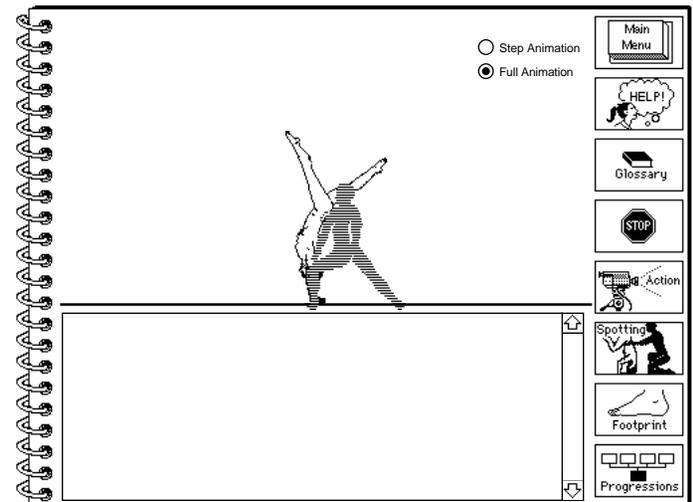
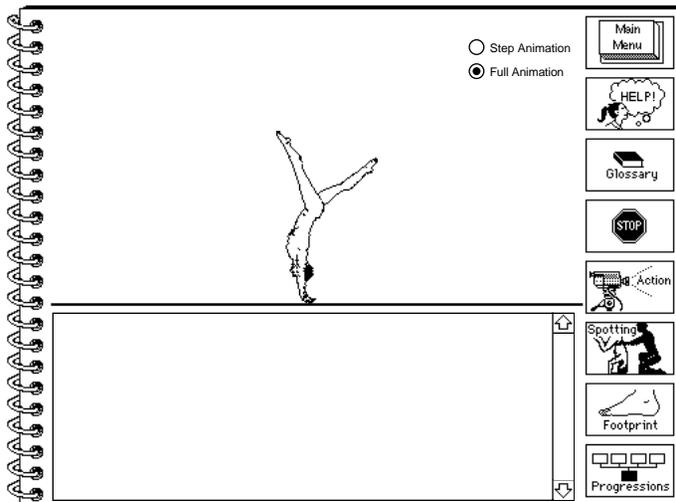
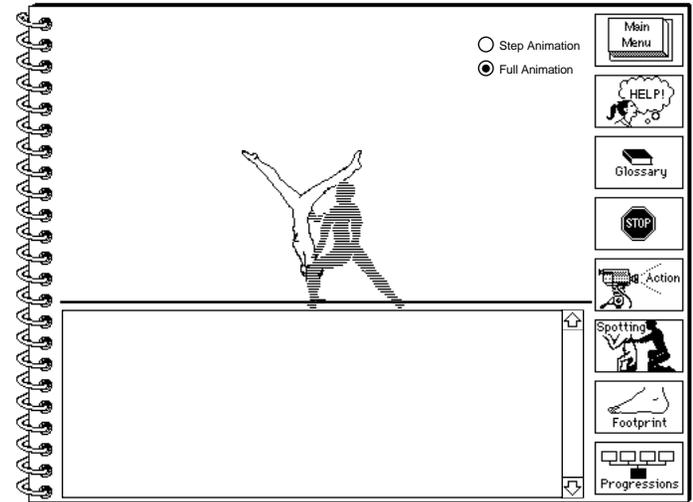
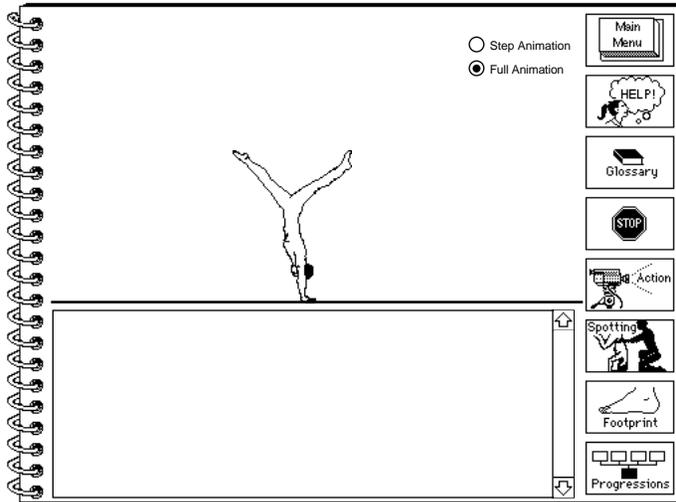
Tumbling Techniques



Tumbling Techniques



Tumbling Techniques



Tumbling Techniques



Step Animation
 Full Animation

Main Menu

HELP!

Glossary

STOP

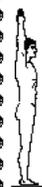
Action

Spotting

Footprint

Progressions

Forward Roll



Step Animation
 Full Animation

Main Menu

HELP!

Glossary

STOP

Action

Spotting

Footprint

Progressions

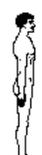
Common Error...

In performing a forward roll the performer will;

- a. Squat down and place the hands shoulder width apart about a third of a body length in front of the feet.
- b. Lift the hips by extending the legs and piking at the waist as the weight is transferred from the feet to the hands.
- c. Maintain the high hip position as the elbows bend.
- d. Extend the hips as the arms lower the shoulders and upperback onto the mat.

At this point the buttocks should be tightened and the chest piked.

Front to Back Cartwheel



Step Animation
 Full Animation

Main Menu

HELP!

Glossary

STOP

Action

Spotting

Footprint

Progressions

The front to back cartwheel is very similar to the sideward cartwheel. The modifications are made to prepare the performer for more advanced skill work, such as the pop- cartwheel, roundoff, and aerial cartwheel.

The performer stands facing the direction that the cartwheel will move in. The step is the same as in a step to handstand. It is made about half a body length out directly forward and the toe points in the direction of the cartwheel. The eyes should be focused on a



Step Animation
 Full Animation

Main Menu

HELP!

Glossary

STOP

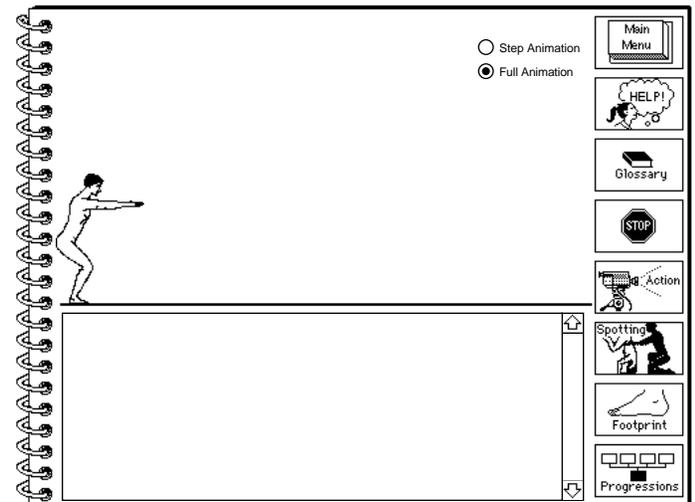
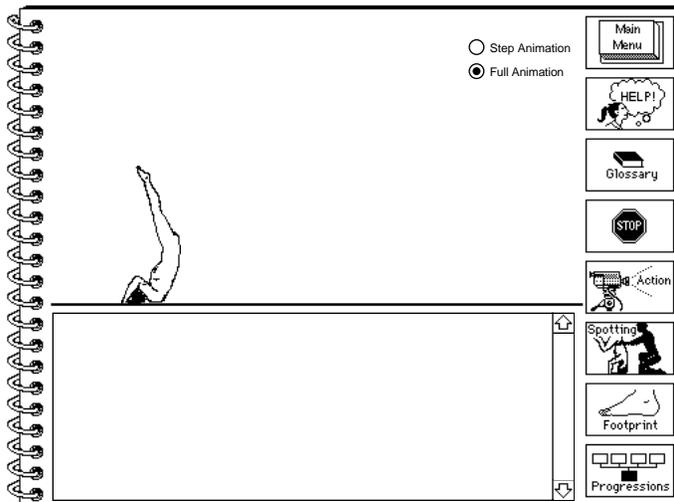
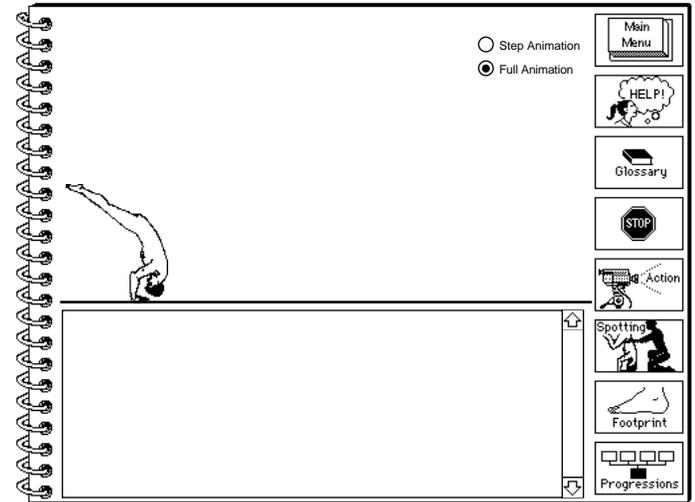
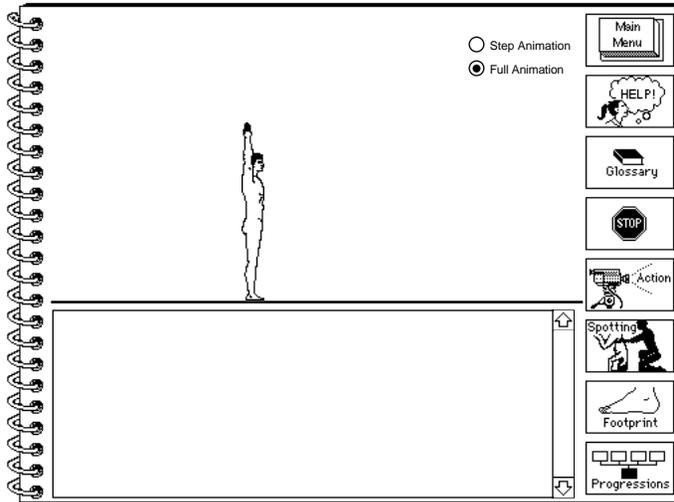
Action

Spotting

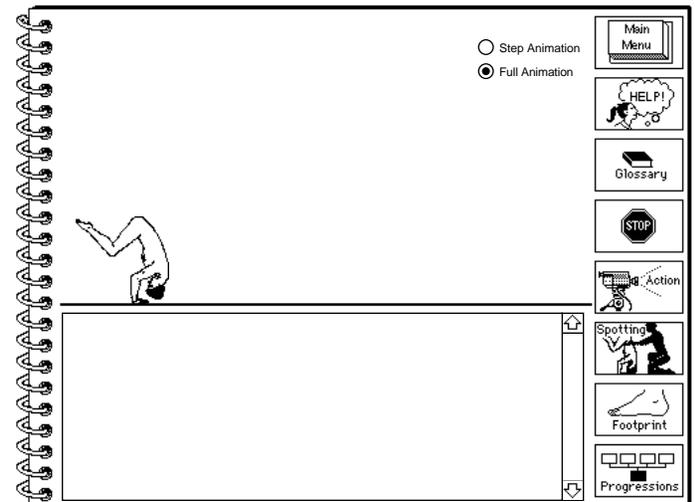
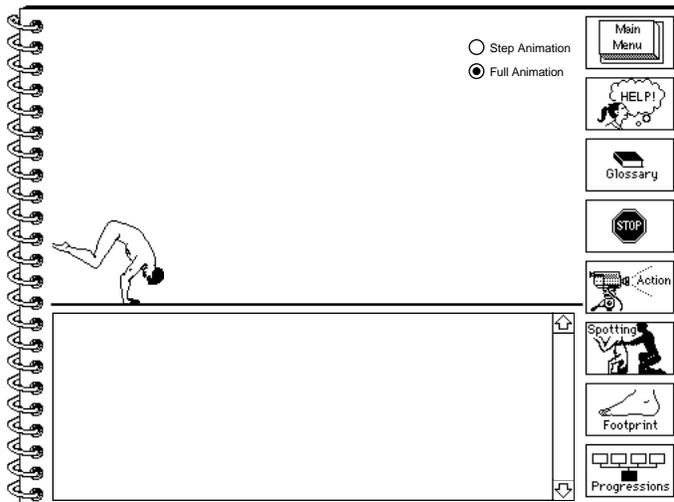
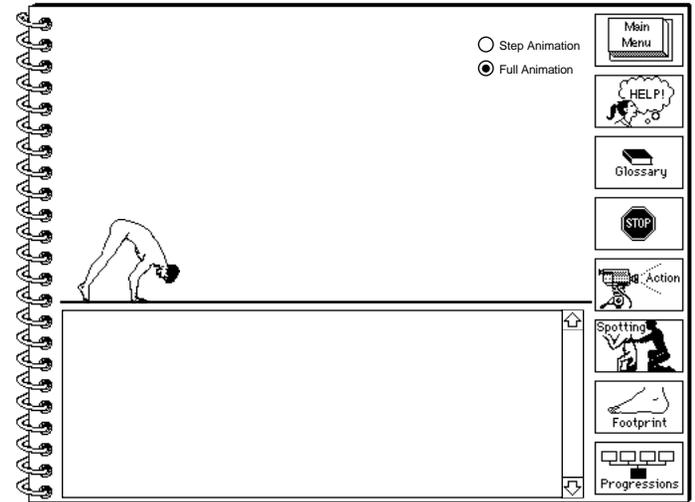
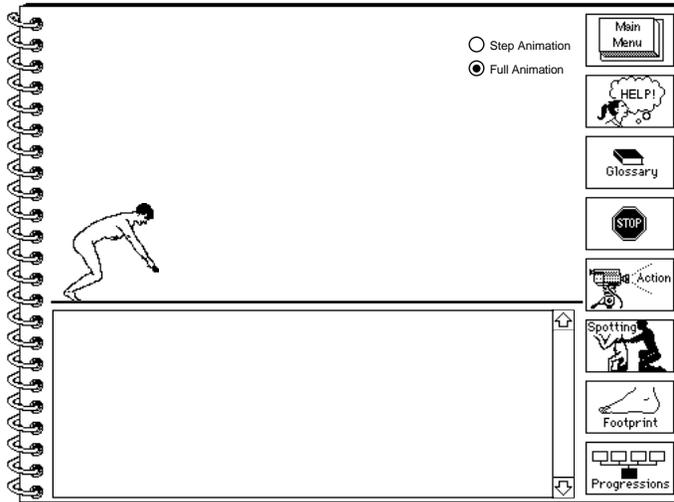
Footprint

Progressions

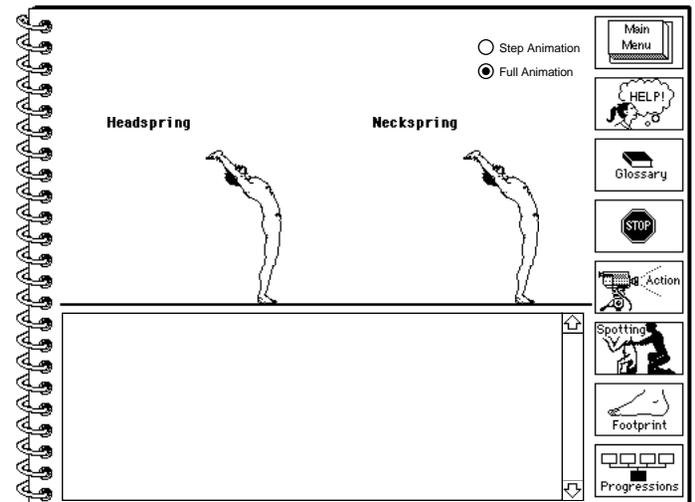
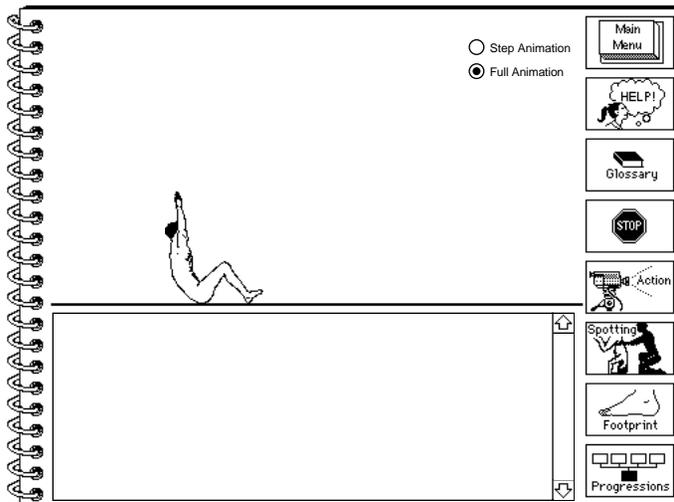
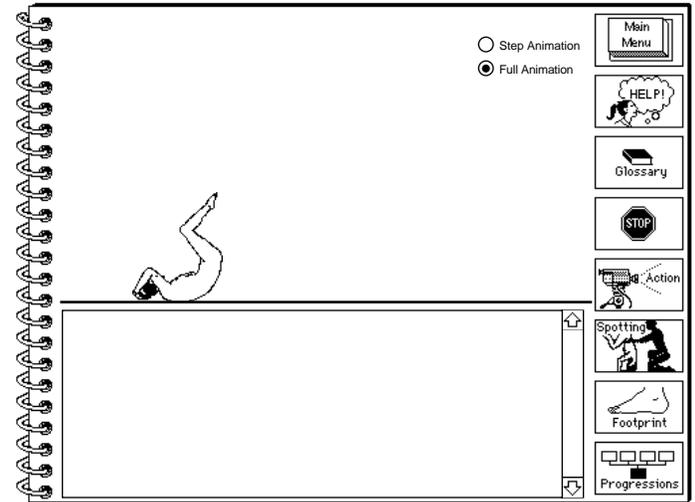
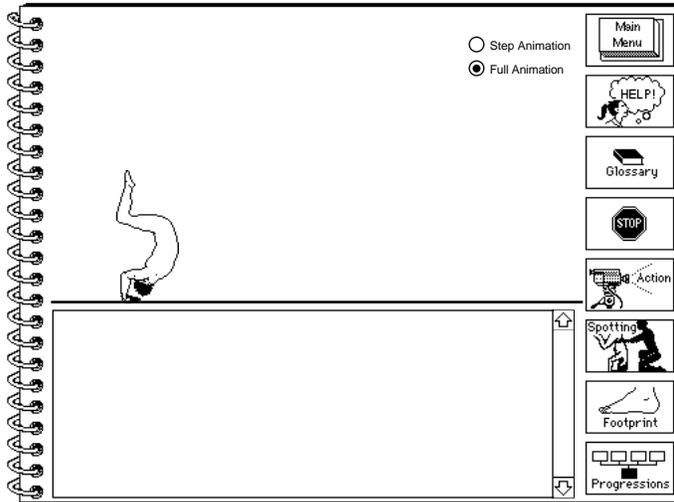
Tumbling Techniques



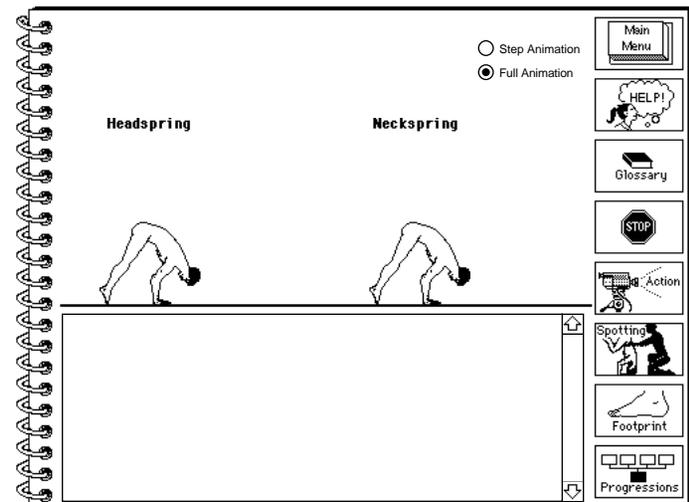
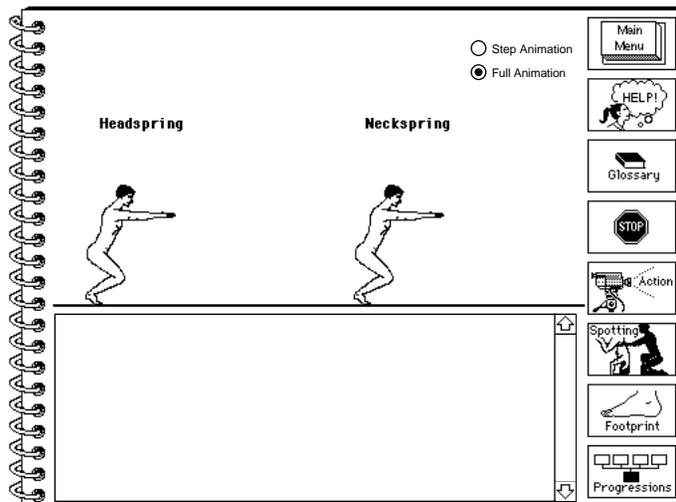
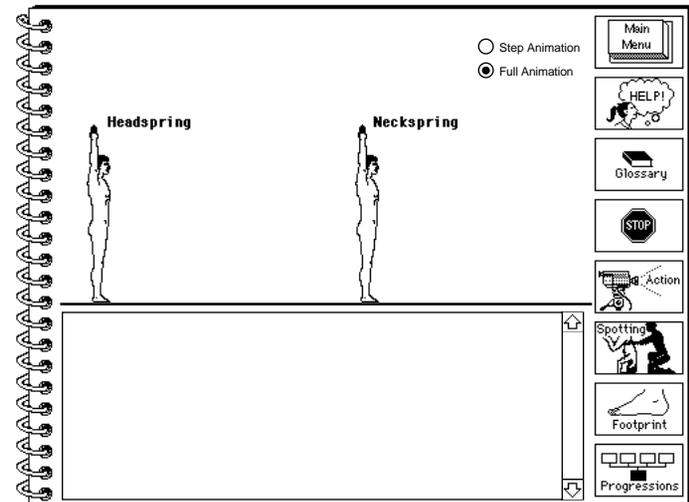
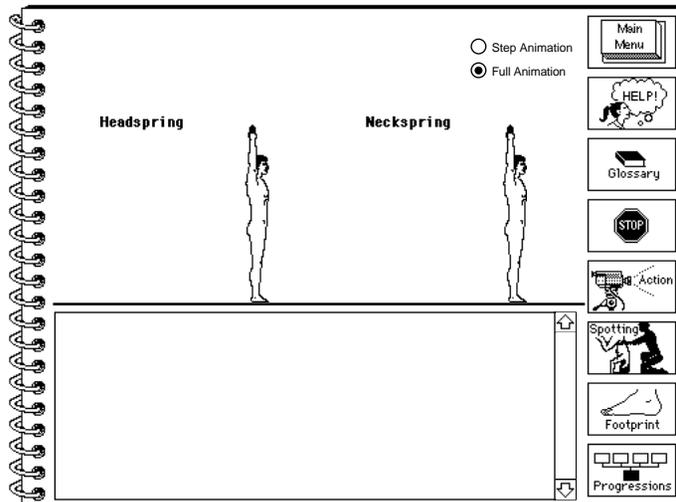
Tumbling Techniques



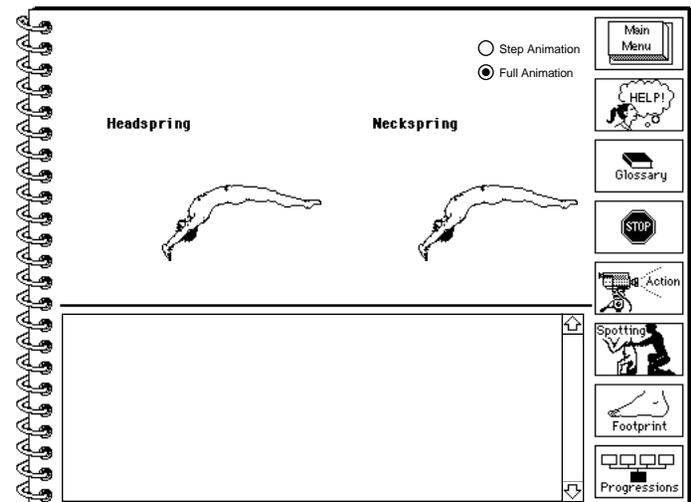
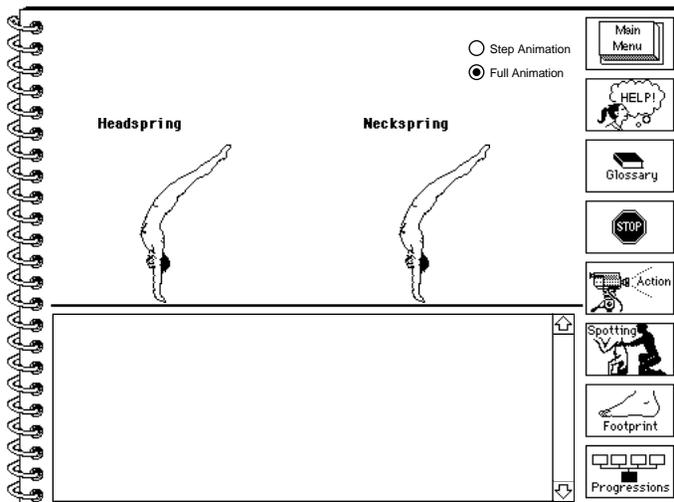
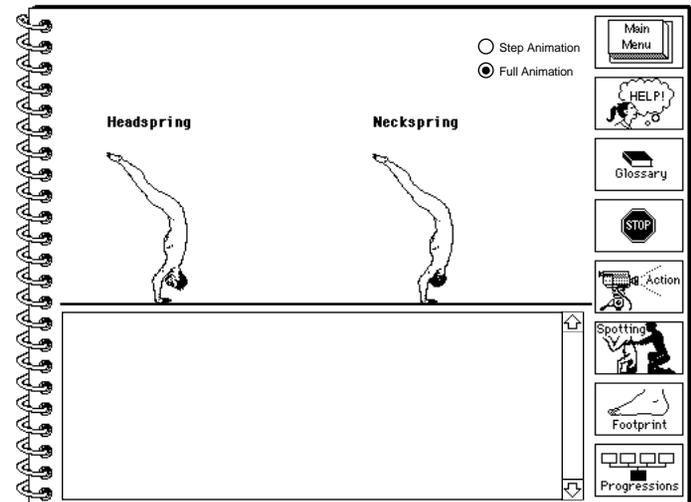
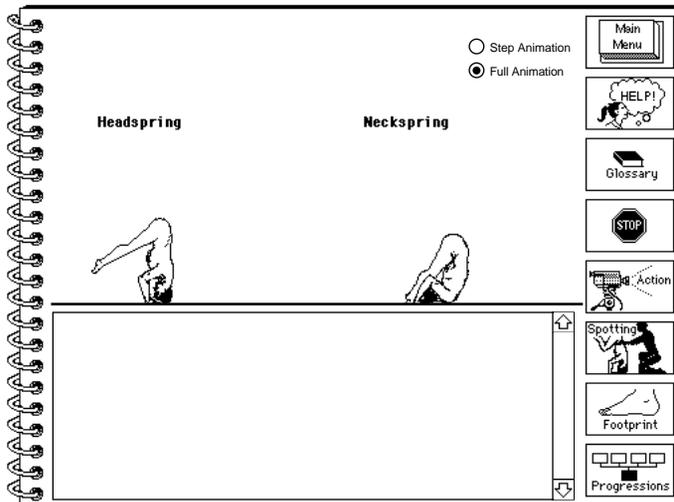
Tumbling Techniques



Tumbling Techniques



Tumbling Techniques



Tumbling Techniques

Headspring **Neckspring**



Step Animation
 Full Animation

Main Menu

HELP!

Glossary

STOP

Crash Action

Spotting

Footprint

Progressions

Mousetrap



Step Animation
 Full Animation

Main Menu

HELP!

Glossary

STOP

Crash Action

Spotting

Footprint

Progressions

The "Mousetrap" isolates the explosive hip opening necessary during a headspring and neckspring. The action will resemble a loaded mousetrap closing to capture its prey. The performer lies supine with arms extended overhead and "closes the trap" by piking to pull to toes close to the hands. Then the thighs are kept close to the chest as the hips are pulled towards the floor.

It helps to have resistance initially to get the true feeling for the muscles involved. The performer's shoulders remain in contact with



Step Animation
 Full Animation

Main Menu

HELP!

Glossary

STOP

Crash Action

Spotting

Footprint

Progressions



Step Animation
 Full Animation

Main Menu

HELP!

Glossary

STOP

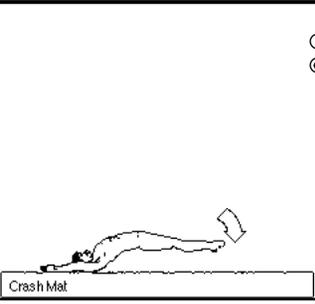
Crash Action

Spotting

Footprint

Progressions

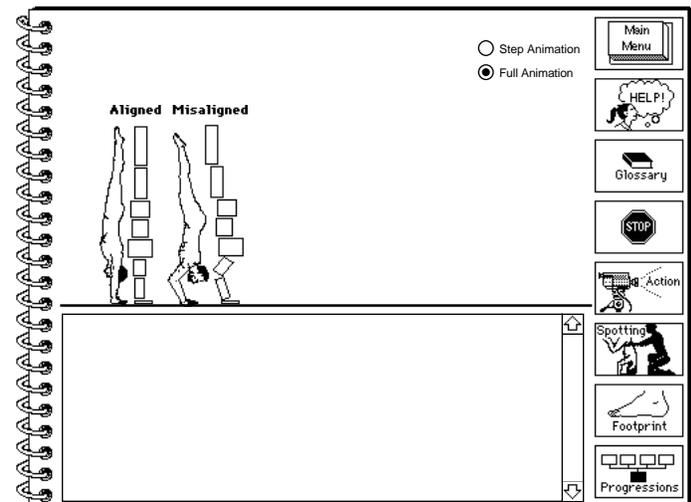
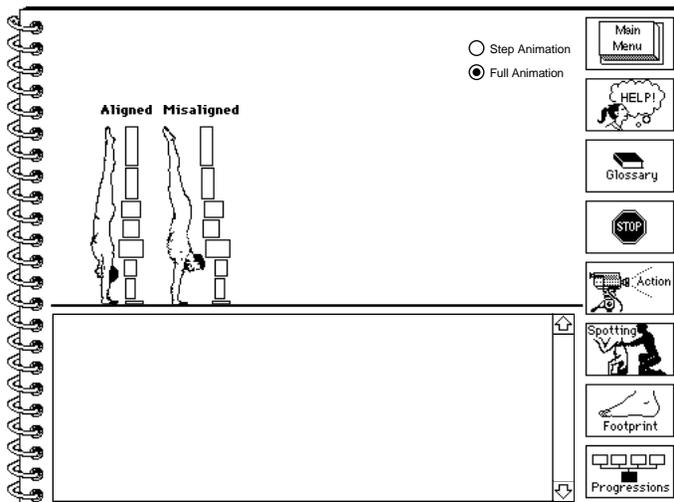
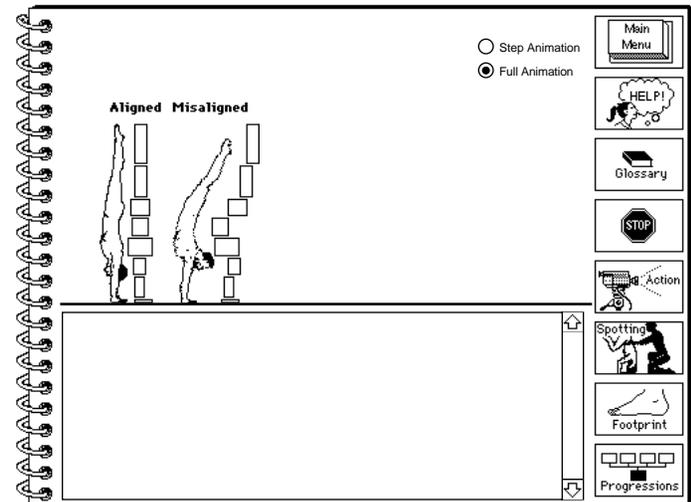
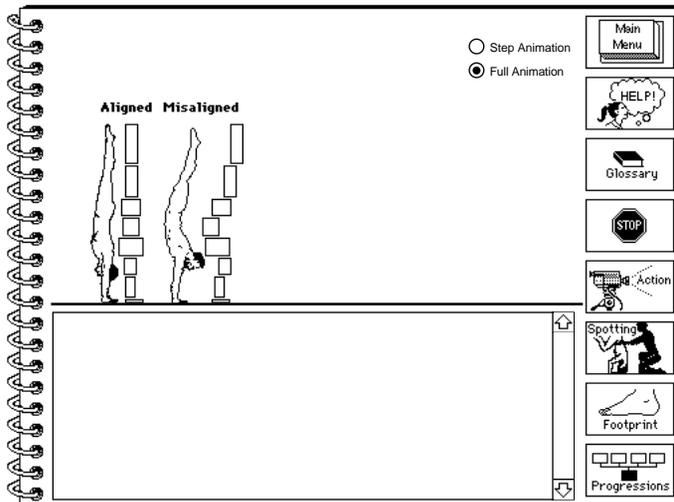
Tumbling Techniques



Crash Mat

Step Animation
 Full Animation

Tumbling Techniques



Tumbling Techniques

Handstand Roll

Step Animation
 Full Animation

Options:

Straight arm roll
 Bent arm roll



The step to a handstand roll is a combination of the step to handstand and the stretched forward roll. The movements into the handstand duplicate the step to handstand.
 The difference begins as the handstand position is attained. The fingertip pressure is reduced to allow the body to tip past vertical WHILE maintaining alignment. At this point the buttocks are flexed to keep the hips straight while chest piking and hollowing the shoulder girdle. The head is tucked to see the belly button and

Main Menu
 HELP!
 Glossary
 STOP
 Action
 Spotting
 Footprint
 Progressions

Step Animation
 Full Animation



Main Menu
 HELP!
 Glossary
 STOP
 Action
 Spotting
 Footprint
 Progressions

Step Animation
 Full Animation



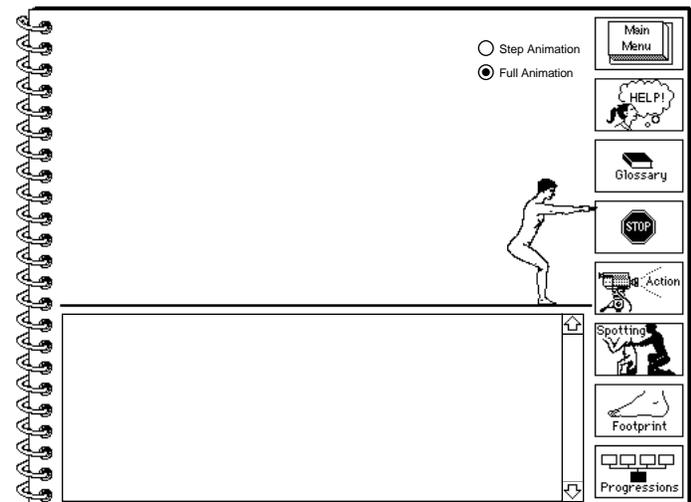
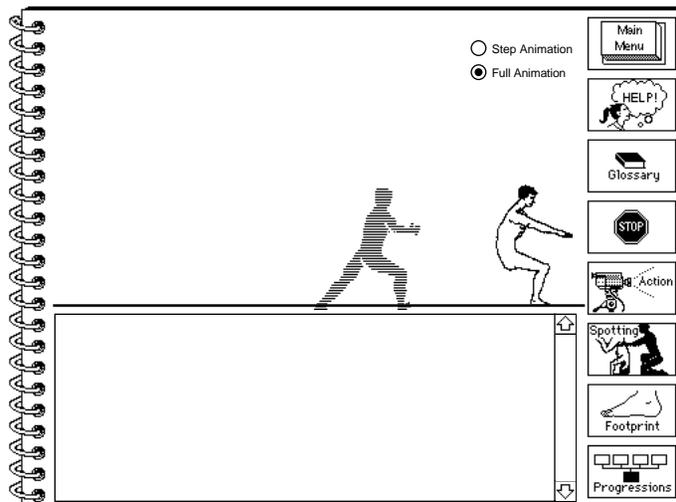
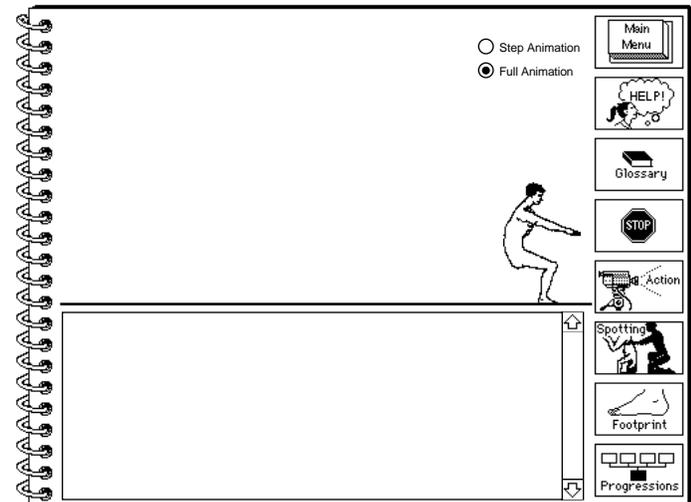
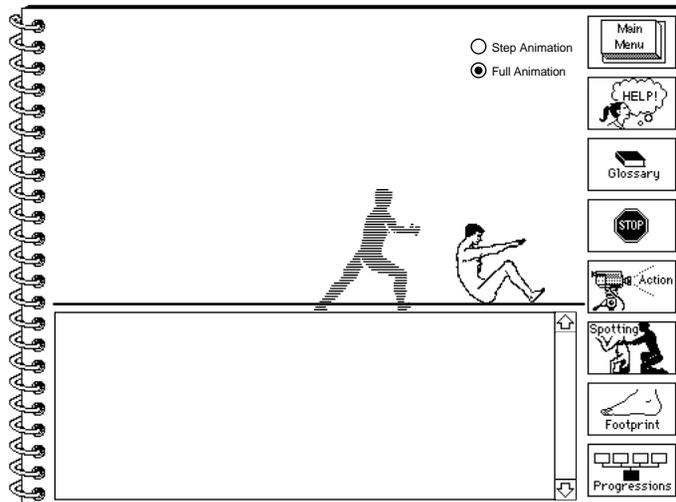
Main Menu
 HELP!
 Glossary
 STOP
 Action
 Spotting
 Footprint
 Progressions

Step Animation
 Full Animation

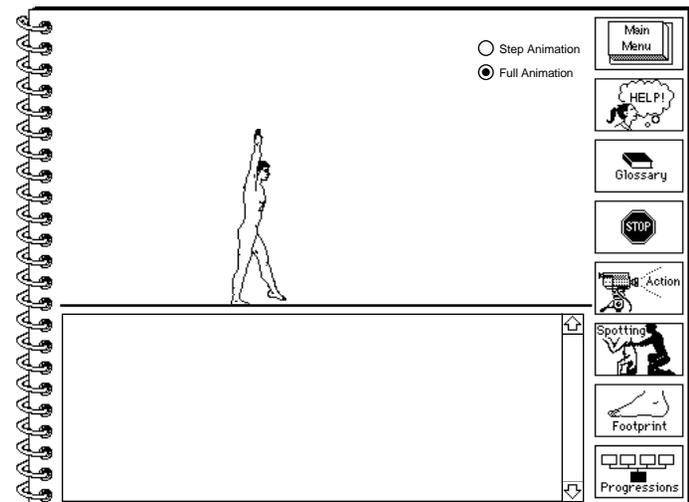
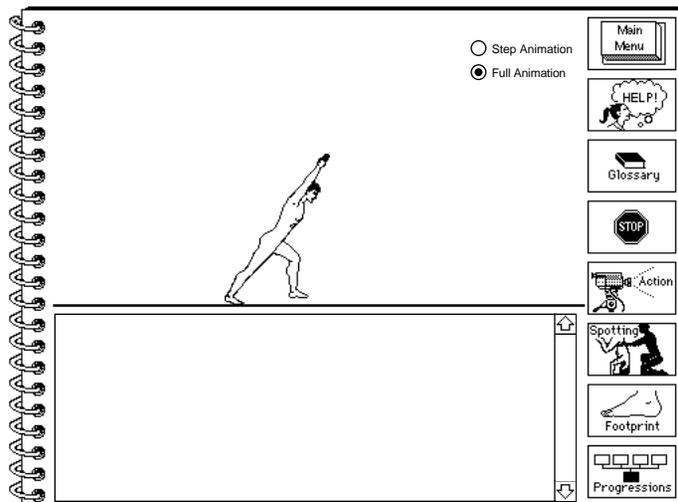
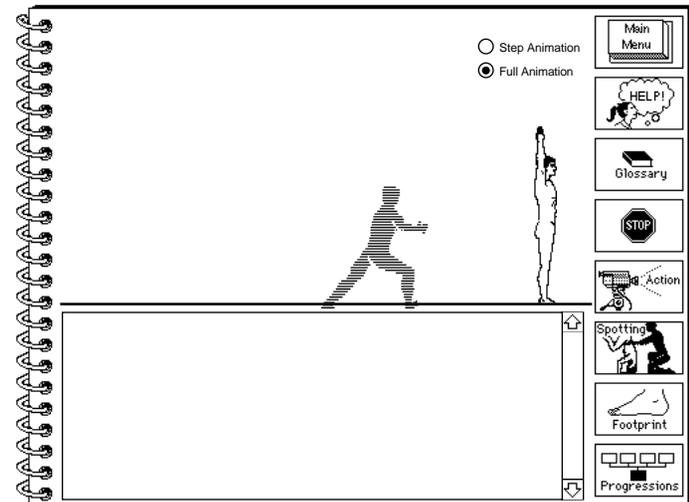
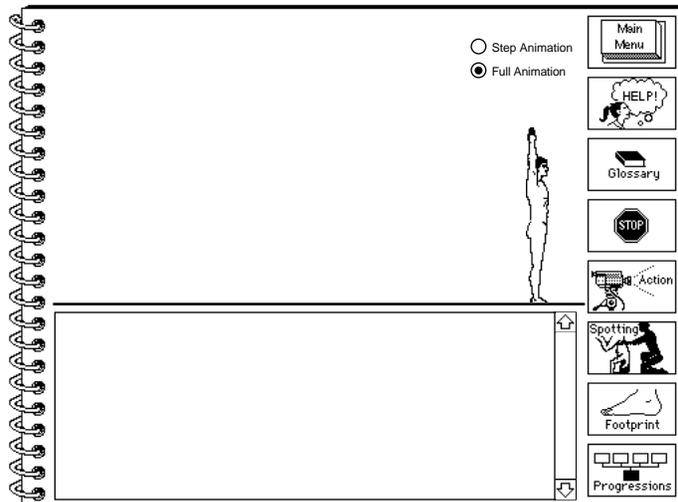


Main Menu
 HELP!
 Glossary
 STOP
 Action
 Spotting
 Footprint
 Progressions

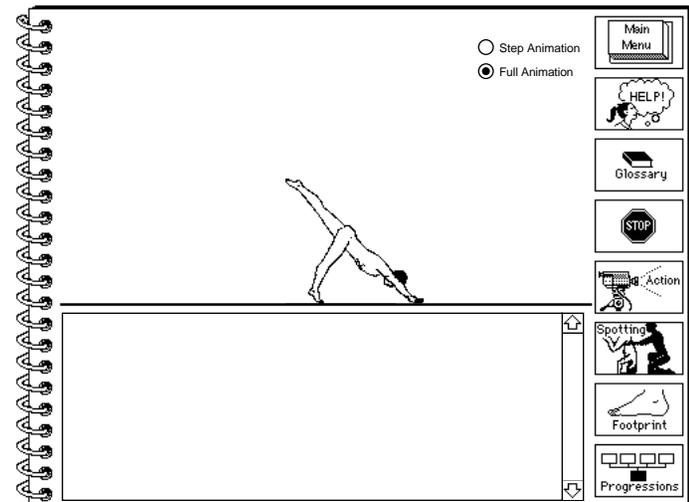
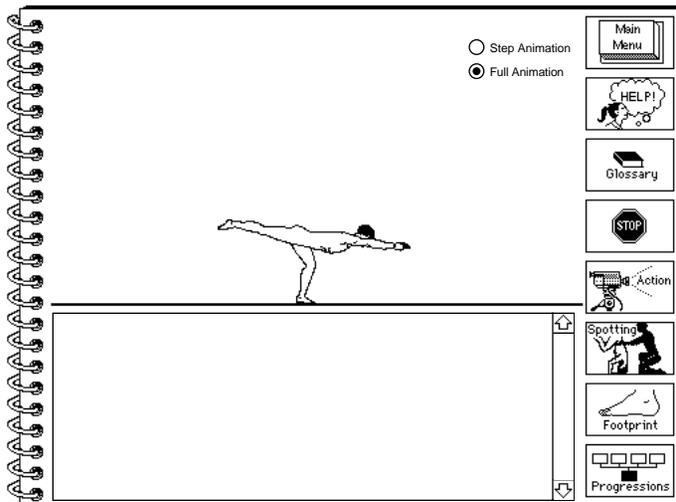
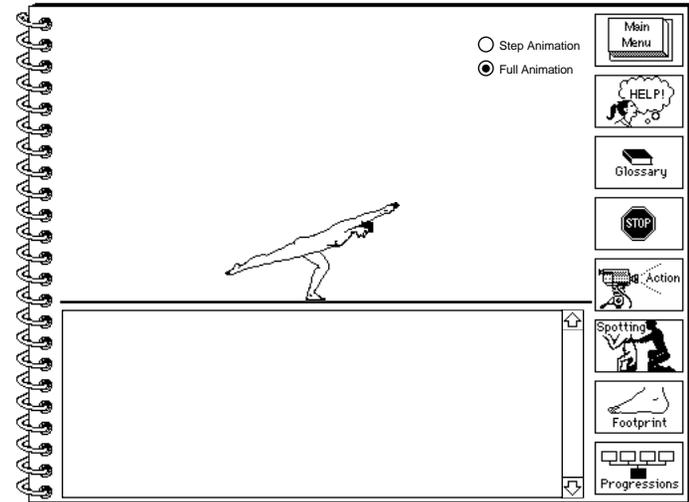
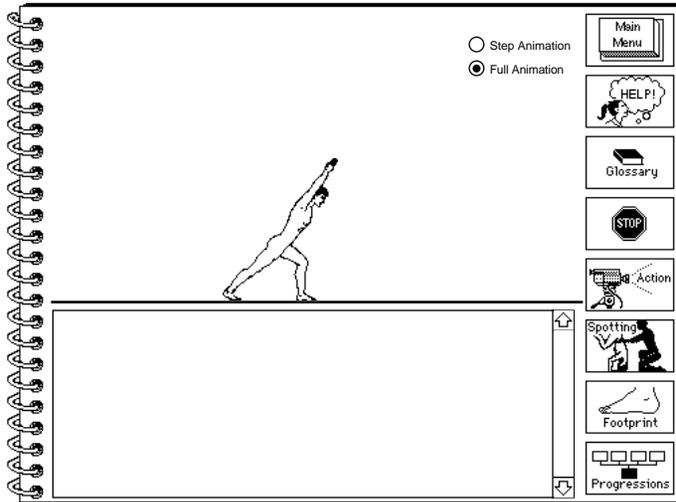
Tumbling Techniques



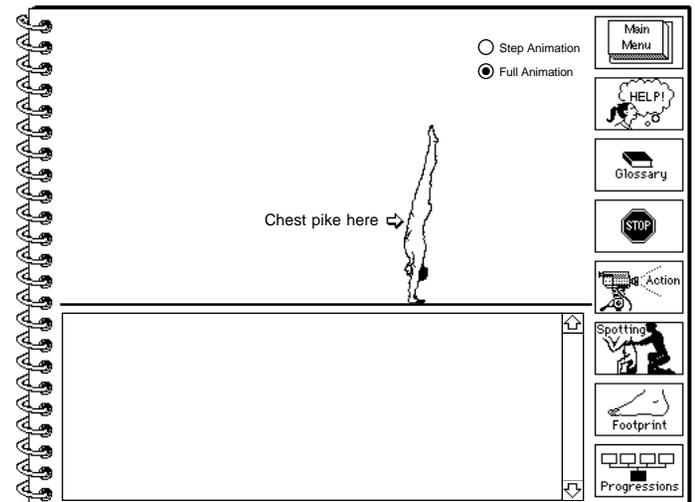
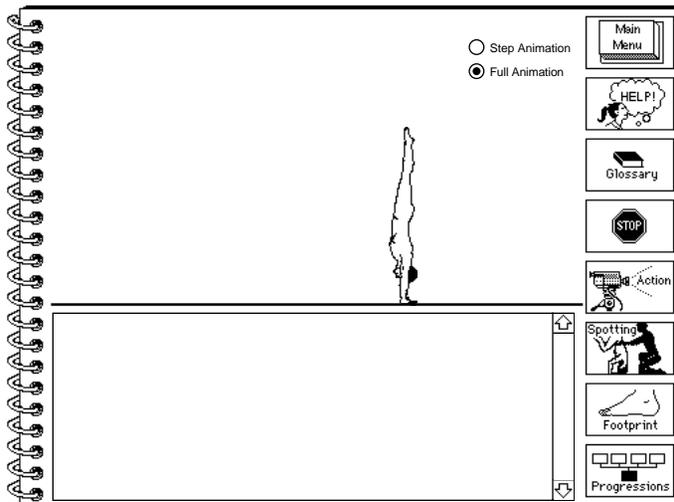
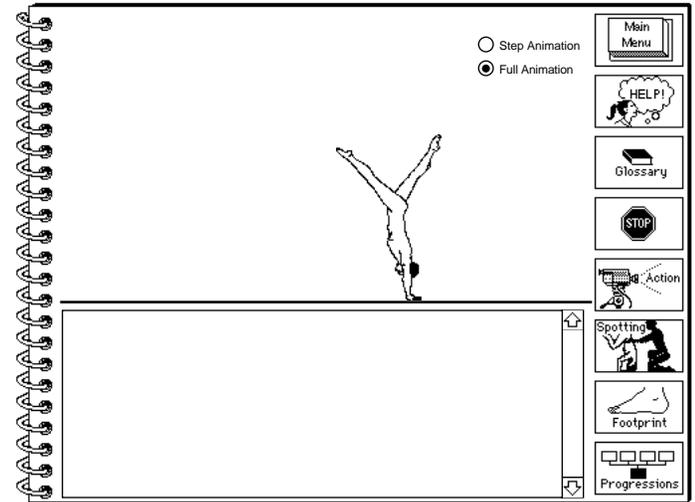
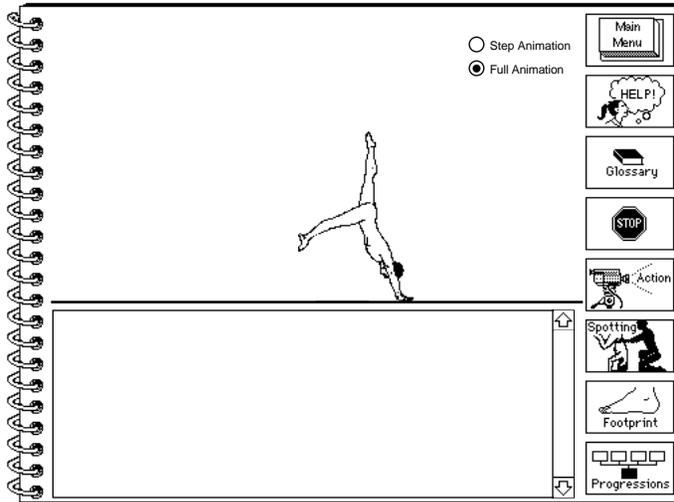
Tumbling Techniques



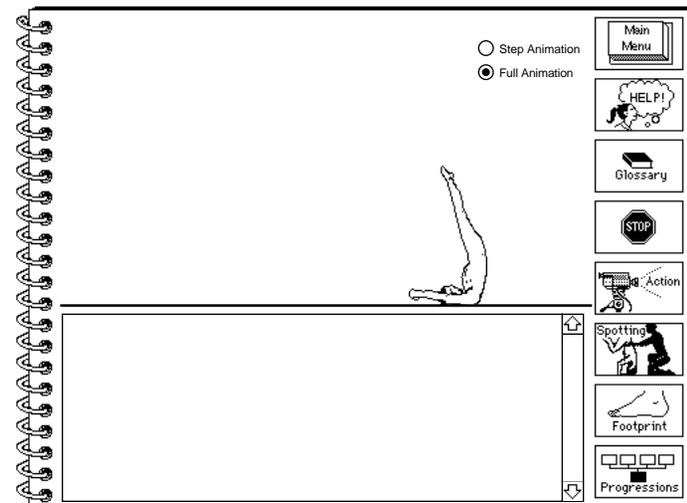
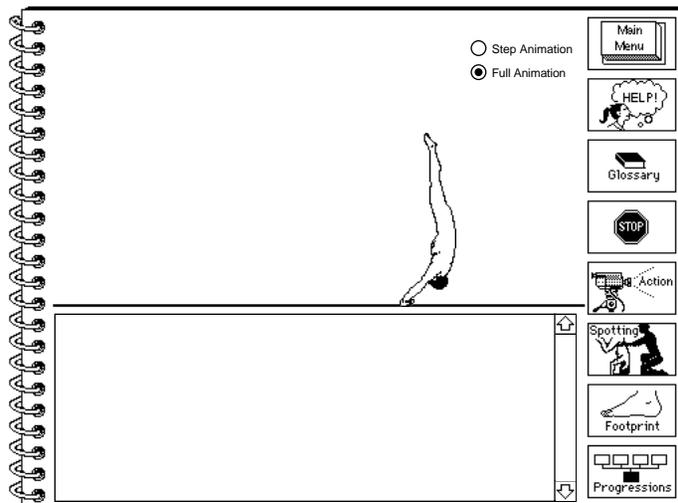
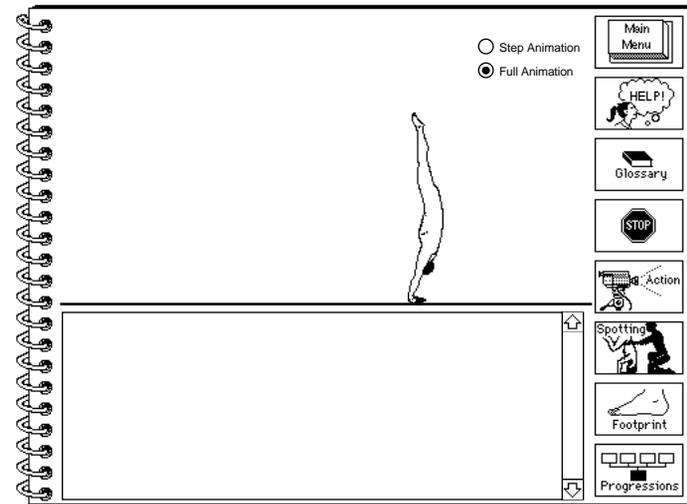
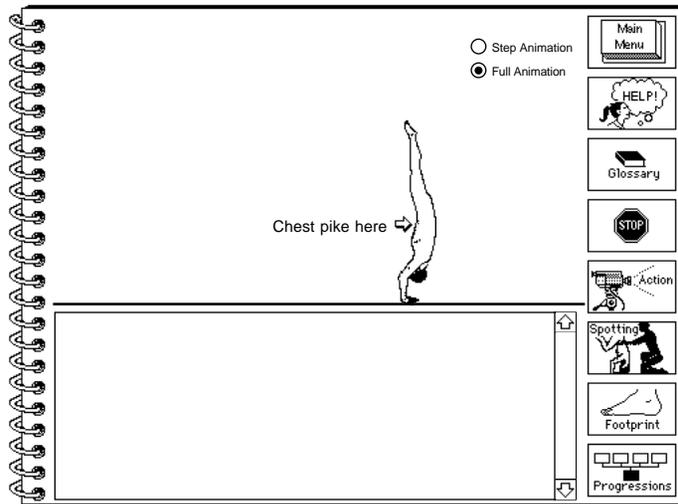
Tumbling Techniques



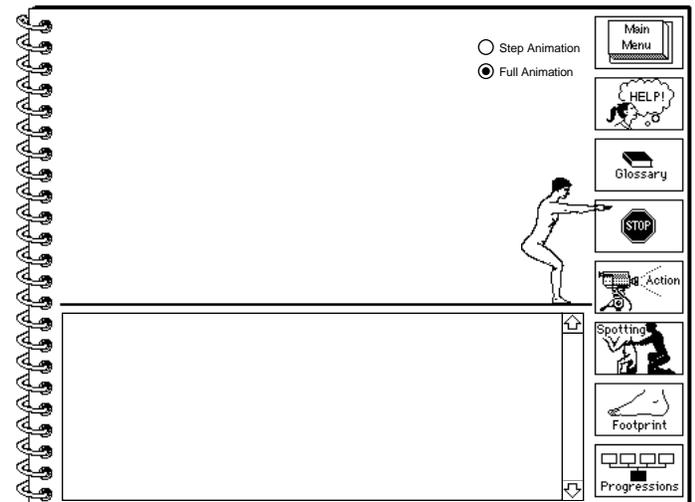
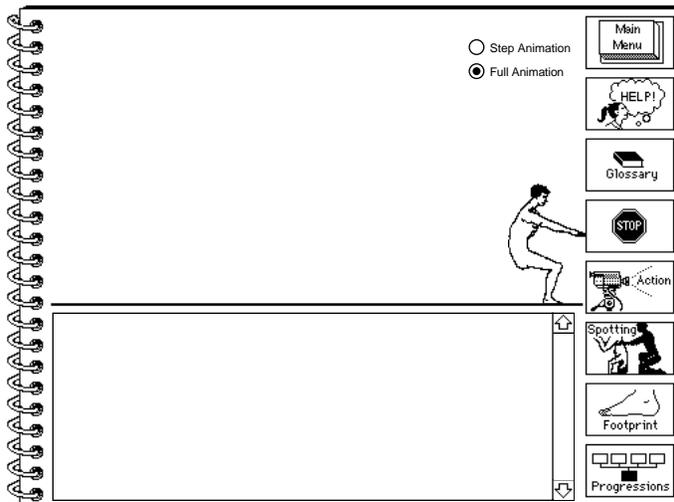
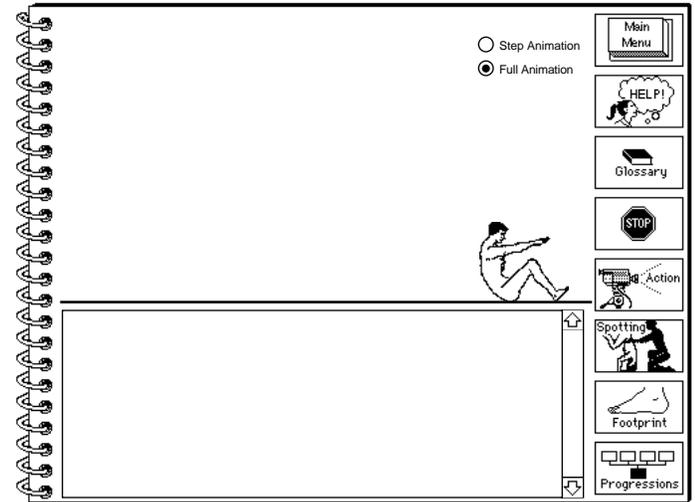
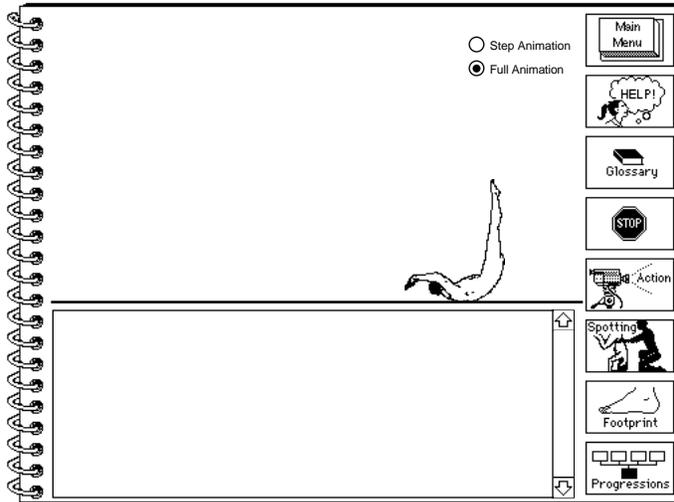
Tumbling Techniques



Tumbling Techniques



Tumbling Techniques



Tumbling Techniques

Step Animation
 Full Animation



Main Menu
 HELP!
 Glossary
 STOP
 Action
 Spotting
 Footprint
 Progressions

Step Animation
 Full Animation



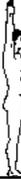
Main Menu
 HELP!
 Glossary
 STOP
 Action
 Spotting
 Footprint
 Progressions

Step Animation
 Full Animation



Main Menu
 HELP!
 Glossary
 STOP
 Action
 Spotting
 Footprint
 Progressions

Step Animation
 Full Animation

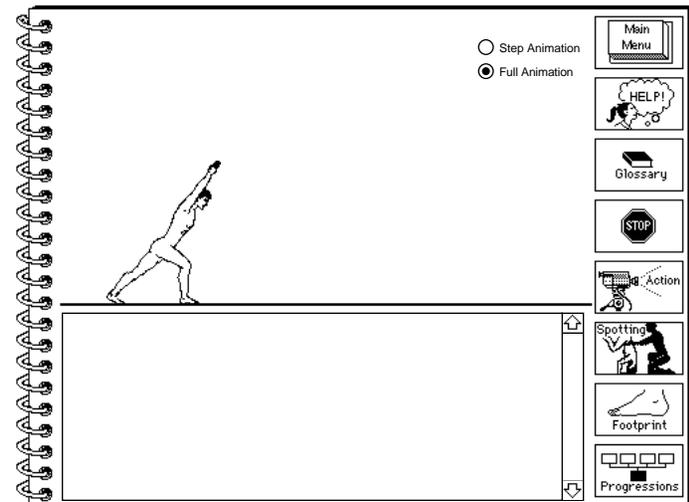
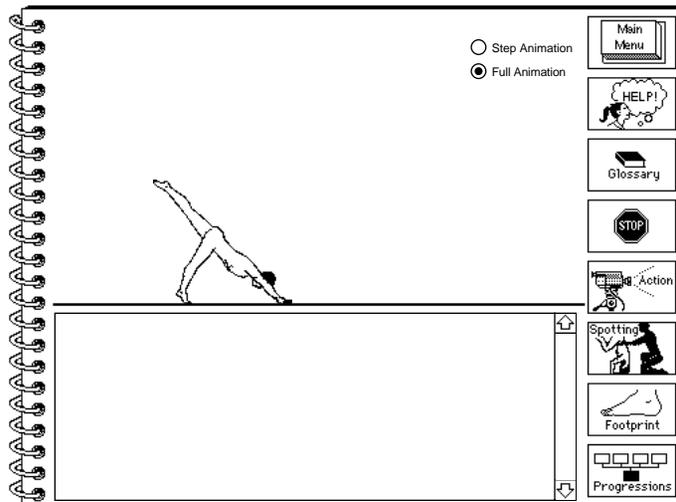
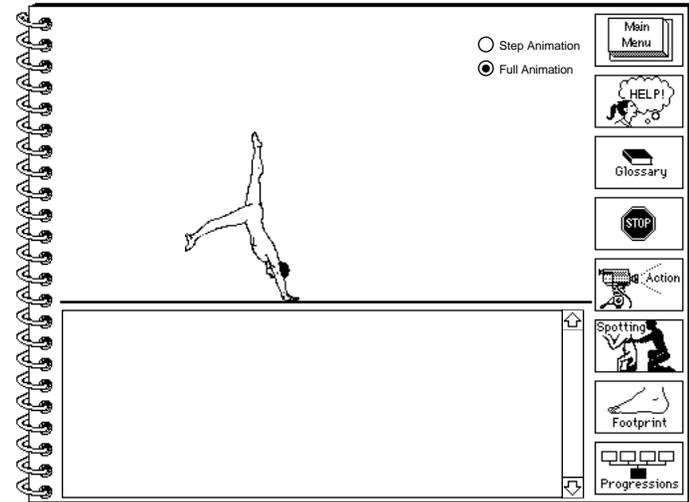
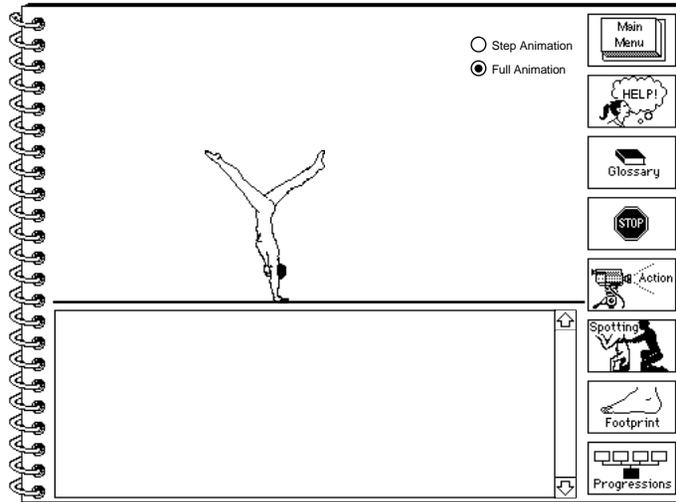


Main Menu
 HELP!
 Glossary
 STOP
 Action
 Spotting
 Footprint
 Progressions

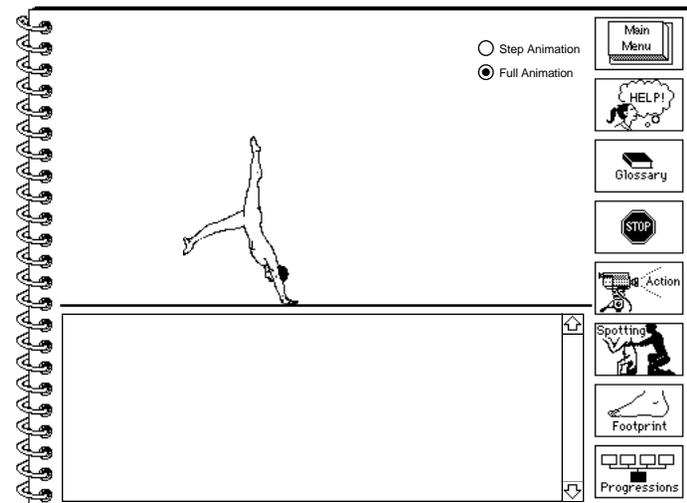
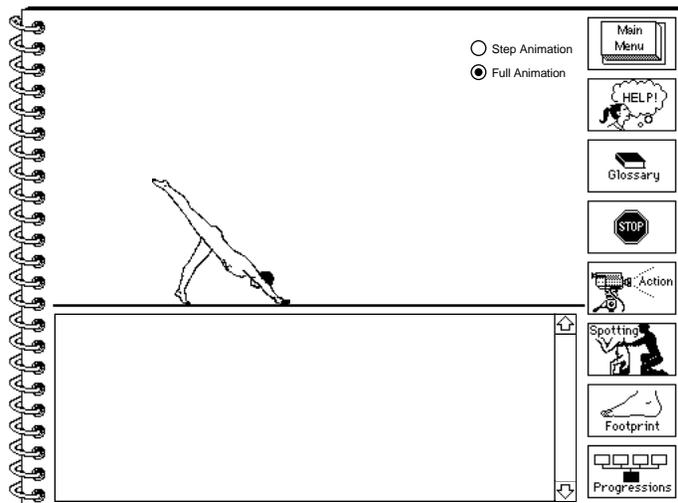
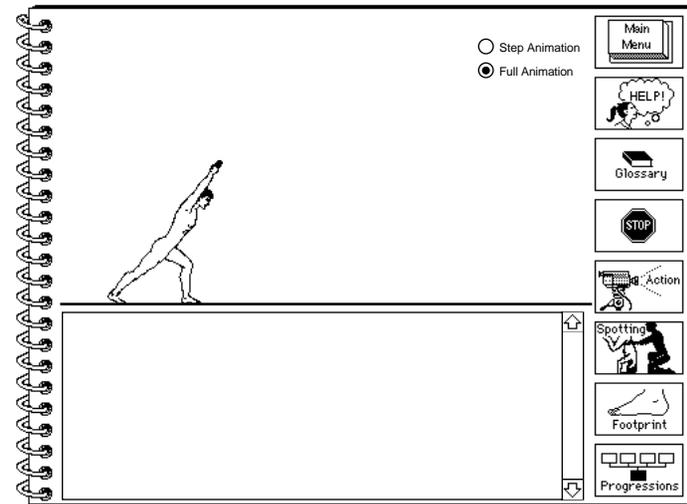
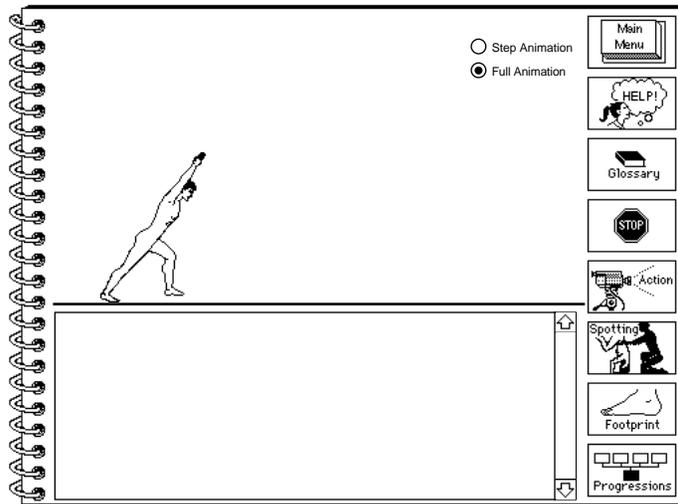
The step to handstand scissor down is a progression for both of the basic cartwheels (Sideward and front to back). As in the step to a handstand the step should be about a half-body length to ensure proper hip alignment is maintained. Hand placement should be about one body length away from the starting position to allow to shoulder alignment to be maintained.

Through out the weight shift onto the hands the shoulder girdle should remain elevated / elevated upward so that the ears are

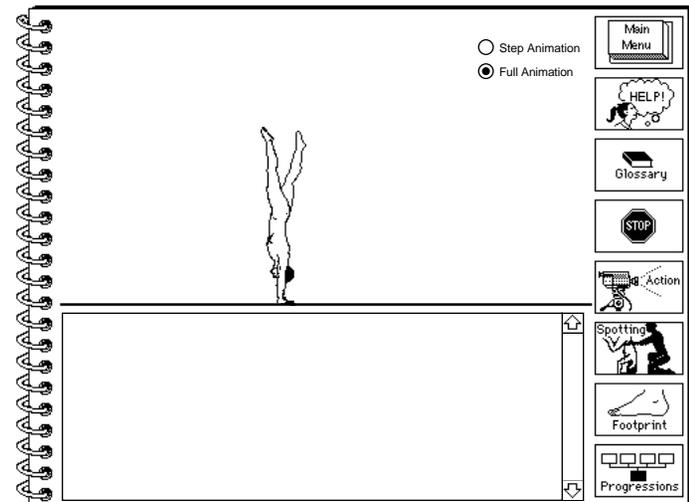
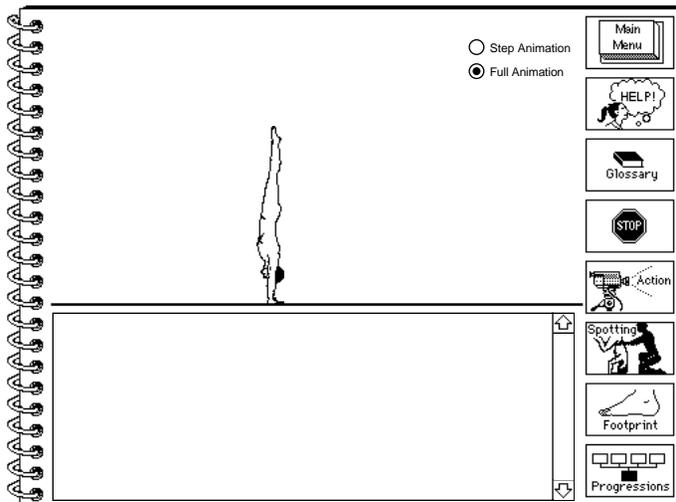
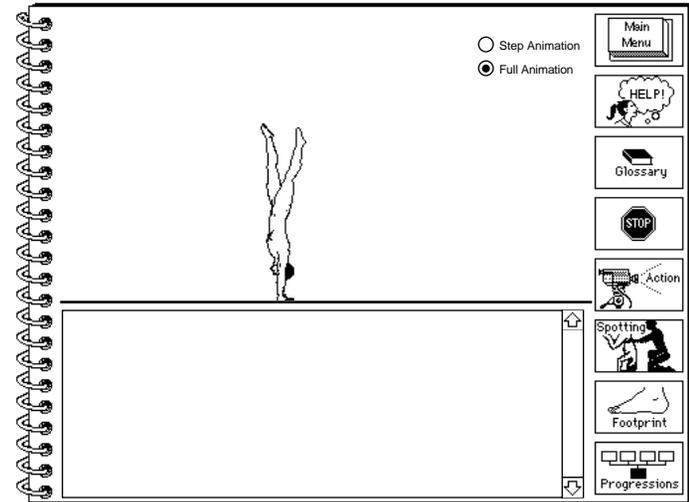
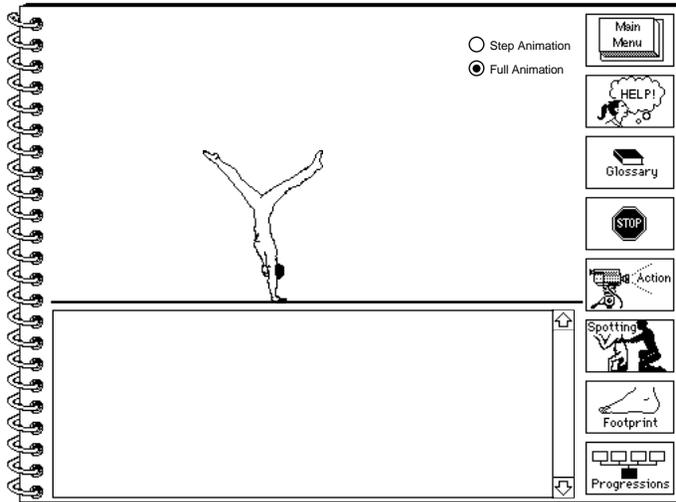
Tumbling Techniques



Tumbling Techniques



Tumbling Techniques



Tumbling Techniques

Jumps

Step Animation
 Full Animation



Arm swings...

In this skills animation four basic jumps are displayed. In each jump the performer will use the forward arm swing. Both twisting jumps initiate the twist from the ground as the arms are swung upward. The shoulders and hips should turn in the direction of the intended twist. The head should remain neutral. The trunk should be stretched throughout the airborne phase.

JUMP 1/2 TWIST
 In the 1/2 twist a moderate shoulder turn upon takeoff is all that is required to complete the twist. At least 1/4 turn should be

Step Animation
 Full Animation



Jump 1/2 Twist **Jump Full Twist**

Step Animation
 Full Animation



Straddle Jump **Tuck Jump**

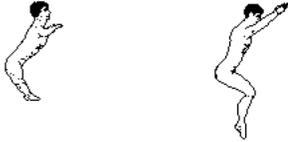
Step Animation
 Full Animation



Jump 1/2 Twist **Jump Full Twist**

Tumbling Techniques

Step Animation
 Full Animation



Straddle Jump Tuck Jump

Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions

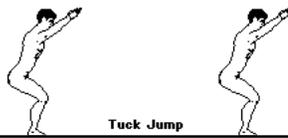
Step Animation
 Full Animation



Jump 1/2 Twist Jump Full Twist

Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions

Step Animation
 Full Animation



Straddle Jump Tuck Jump

Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions

Step Animation
 Full Animation



Jump 1/2 Twist Jump Full Twist

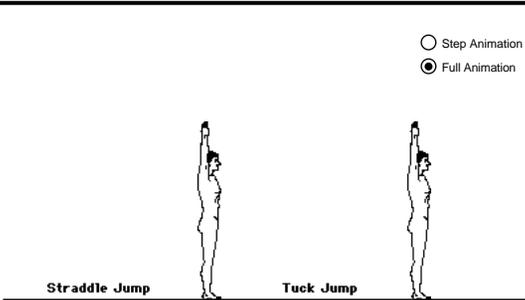
Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions

Tumbling Techniques

Step Animation
 Full Animation

Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions

Straddle Jump Tuck Jump

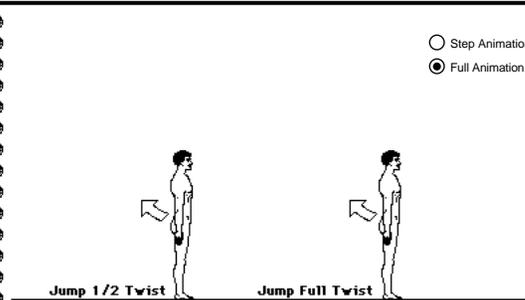


The diagram shows two side-view illustrations of a person in a standing position. The person on the left is labeled 'Straddle Jump' and has their arms raised straight up. The person on the right is labeled 'Tuck Jump' and has their arms raised up with their hands near their head.

Step Animation
 Full Animation

Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions

Jump 1/2 Twist Jump Full Twist

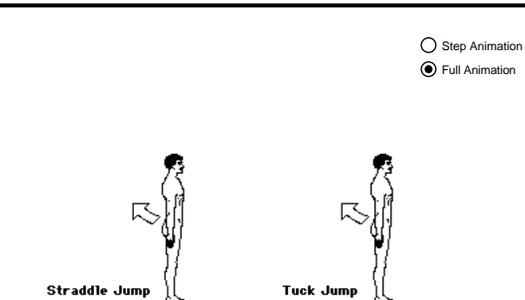


The diagram shows two side-view illustrations of a person in a standing position. The person on the left is labeled 'Jump 1/2 Twist' and has a curved arrow pointing to the right, indicating a half-twist. The person on the right is labeled 'Jump Full Twist' and has a curved arrow pointing to the right, indicating a full twist.

Step Animation
 Full Animation

Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions

Straddle Jump Tuck Jump

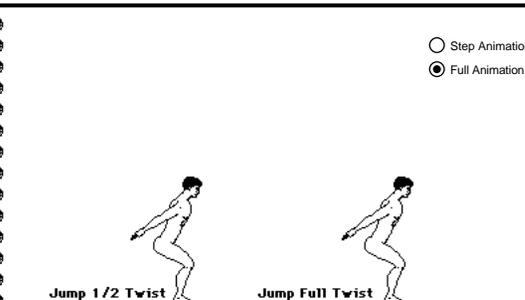


The diagram shows two side-view illustrations of a person in a standing position. The person on the left is labeled 'Straddle Jump' and has their arms raised straight up. The person on the right is labeled 'Tuck Jump' and has their arms raised up with their hands near their head.

Step Animation
 Full Animation

Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions

Jump 1/2 Twist Jump Full Twist



The diagram shows two side-view illustrations of a person in a standing position. The person on the left is labeled 'Jump 1/2 Twist' and has a curved arrow pointing to the right, indicating a half-twist. The person on the right is labeled 'Jump Full Twist' and has a curved arrow pointing to the right, indicating a full twist.

Tumbling Techniques

Step Animation
 Full Animation

Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions

Straddle Jump Tuck Jump

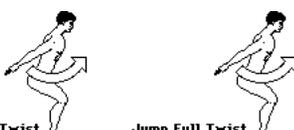


The top section of the page shows two side-by-side illustrations of a person performing a jump. The left illustration is labeled 'Straddle Jump' and shows the person with legs spread wide. The right illustration is labeled 'Tuck Jump' and shows the person with legs pulled up towards their chest. Below the illustrations is a large empty rectangular area with a vertical scrollbar on the right side. The right margin contains a vertical stack of icons: a 'Main Menu' button, a 'HELP!' icon, a 'Glossary' icon, a 'STOP' icon, an 'Action' icon, a 'Spotting' icon, a 'Footprint' icon, and a 'Progressions' icon. At the top right, there are two radio buttons: 'Step Animation' (unselected) and 'Full Animation' (selected).

Step Animation
 Full Animation

Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions

Jump 1/2 Twist Jump Full Twist



The top section of the page shows two side-by-side illustrations of a person performing a jump with a twist. The left illustration is labeled 'Jump 1/2 Twist' and shows the person with one leg tucked and the body rotated. The right illustration is labeled 'Jump Full Twist' and shows the person with both legs tucked and the body fully rotated. Below the illustrations is a large empty rectangular area with a vertical scrollbar on the right side. The right margin contains a vertical stack of icons: a 'Main Menu' button, a 'HELP!' icon, a 'Glossary' icon, a 'STOP' icon, an 'Action' icon, a 'Spotting' icon, a 'Footprint' icon, and a 'Progressions' icon. At the top right, there are two radio buttons: 'Step Animation' (unselected) and 'Full Animation' (selected).

Step Animation
 Full Animation

Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions

Straddle Jump Tuck Jump



The top section of the page shows two side-by-side illustrations of a person performing a jump. The left illustration is labeled 'Straddle Jump' and shows the person with legs spread wide. The right illustration is labeled 'Tuck Jump' and shows the person with legs pulled up towards their chest. Below the illustrations is a large empty rectangular area with a vertical scrollbar on the right side. The right margin contains a vertical stack of icons: a 'Main Menu' button, a 'HELP!' icon, a 'Glossary' icon, a 'STOP' icon, an 'Action' icon, a 'Spotting' icon, a 'Footprint' icon, and a 'Progressions' icon. At the top right, there are two radio buttons: 'Step Animation' (unselected) and 'Full Animation' (selected).

Step Animation
 Full Animation

Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions

Jump 1/2 Twist Jump Full Twist



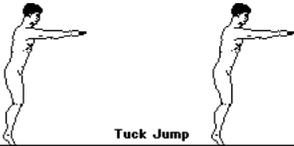
The top section of the page shows two side-by-side illustrations of a person performing a jump with a twist. The left illustration is labeled 'Jump 1/2 Twist' and shows the person with one leg tucked and the body rotated. The right illustration is labeled 'Jump Full Twist' and shows the person with both legs tucked and the body fully rotated. Below the illustrations is a large empty rectangular area with a vertical scrollbar on the right side. The right margin contains a vertical stack of icons: a 'Main Menu' button, a 'HELP!' icon, a 'Glossary' icon, a 'STOP' icon, an 'Action' icon, a 'Spotting' icon, a 'Footprint' icon, and a 'Progressions' icon. At the top right, there are two radio buttons: 'Step Animation' (unselected) and 'Full Animation' (selected).

Tumbling Techniques

Step Animation
 Full Animation

Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions

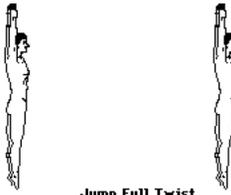
Straddle Jump Tuck Jump



Step Animation
 Full Animation

Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions

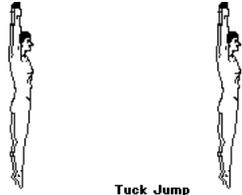
Jump 1/2 Twist Jump Full Twist



Step Animation
 Full Animation

Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions

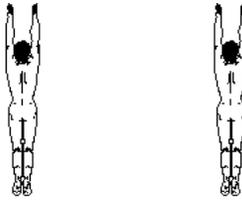
Straddle Jump Tuck Jump



Step Animation
 Full Animation

Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions

Jump 1/2 Twist Jump Full Twist



Tumbling Techniques

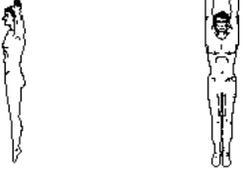
Step Animation
 Full Animation



Straddle Jump **Tuck Jump**

Main Menu
 HELP!
 Glossary
 STOP
 Action
 Spotting
 Footprint
 Progressions

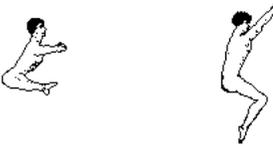
Step Animation
 Full Animation



Jump 1/2 Twist **Jump Full Twist**

Main Menu
 HELP!
 Glossary
 STOP
 Action
 Spotting
 Footprint
 Progressions

Step Animation
 Full Animation



Straddle Jump **Tuck Jump**

Main Menu
 HELP!
 Glossary
 STOP
 Action
 Spotting
 Footprint
 Progressions

Step Animation
 Full Animation



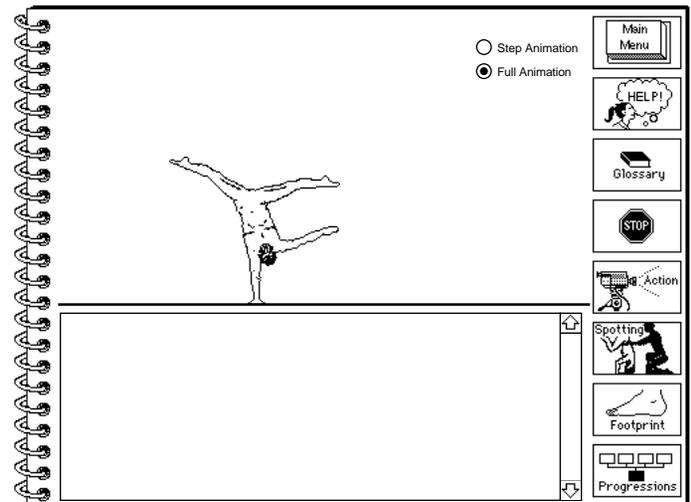
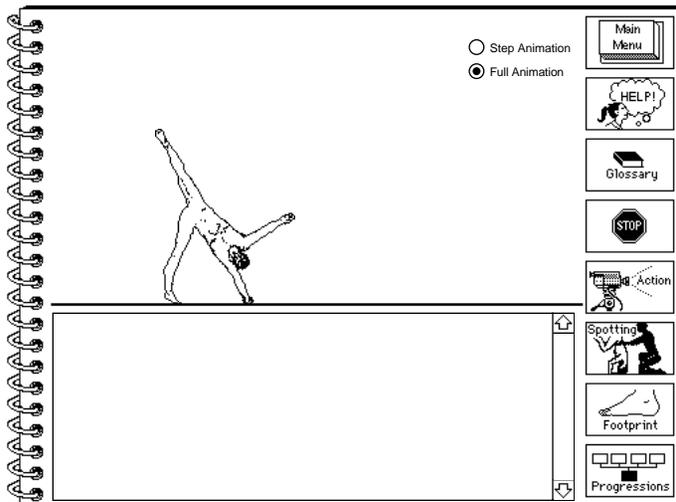
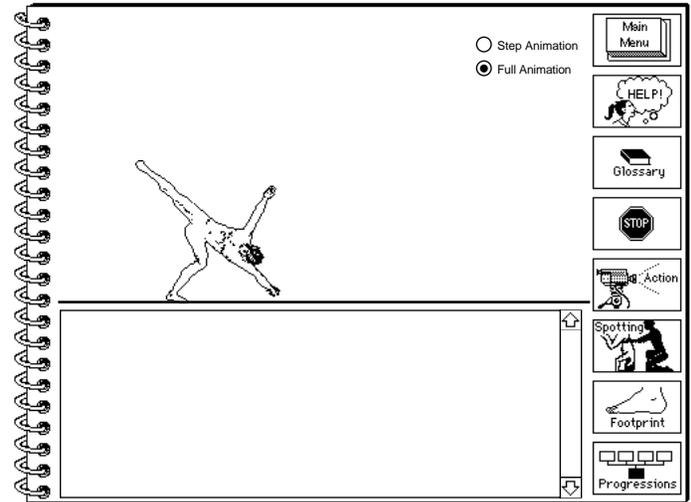
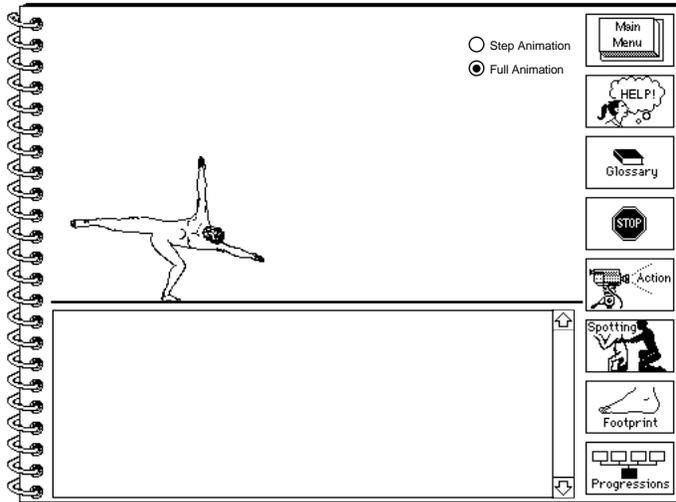
One Arm Cartwheel

Main Menu
 HELP!
 Glossary
 STOP
 Action
 Spotting
 Footprint
 Progressions

The one arm cartwheel is a variation of the standard cartwheel. It is most often performed with the entry and ending of the front to back cartwheel.

Either arm may support the performer through the handstand. So it is possible to perform a "near-arm" or "far-arm" one arm cartwheel. The near arm is often learned first because the entry phase is very similar to the regular cartwheel. For this reason, this is the skill depicted in the animation.

Tumbling Techniques



Tumbling Techniques



Step Animation
 Full Animation

Main Menu

HELP!

Glossary

STOP

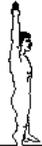
Action

Spotting

Footprint

Progressions

Press Headstand



Step Animation
 Full Animation

The press headstand is very similar to the tripod lift to the headstand. The performer must have a fair level of hip flexibility and shoulder strength to perform it well. From a straddle stand the performer bends at the waist and places the hands slightly in front of an imaginary line across the toes. Then the performer lowers his/her head onto the tumbling surface while pressing (lifting or piking) the hips upward into a position above the hands and head.

Main Menu

HELP!

Glossary

STOP

Action

Spotting

Footprint

Progressions



Step Animation
 Full Animation

Main Menu

HELP!

Glossary

STOP

Action

Spotting

Footprint

Progressions



Step Animation
 Full Animation

Main Menu

HELP!

Glossary

STOP

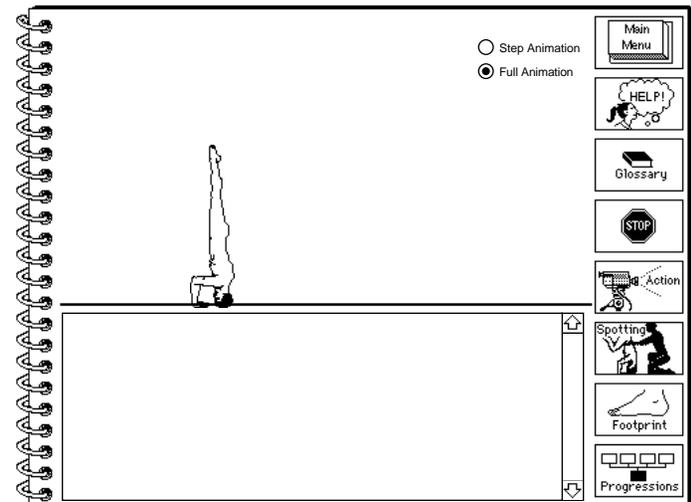
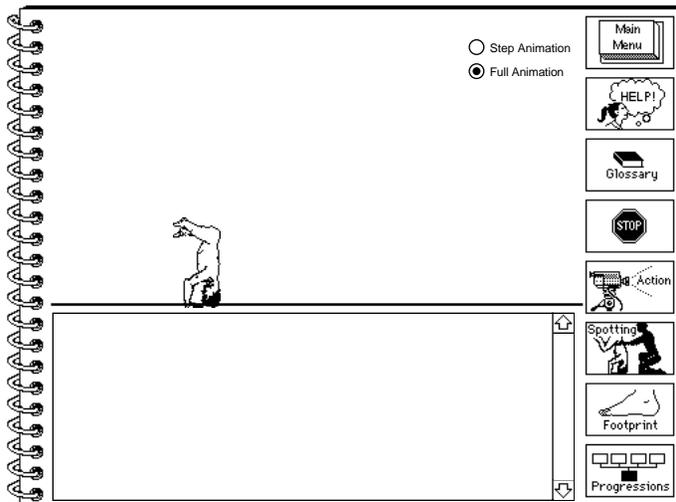
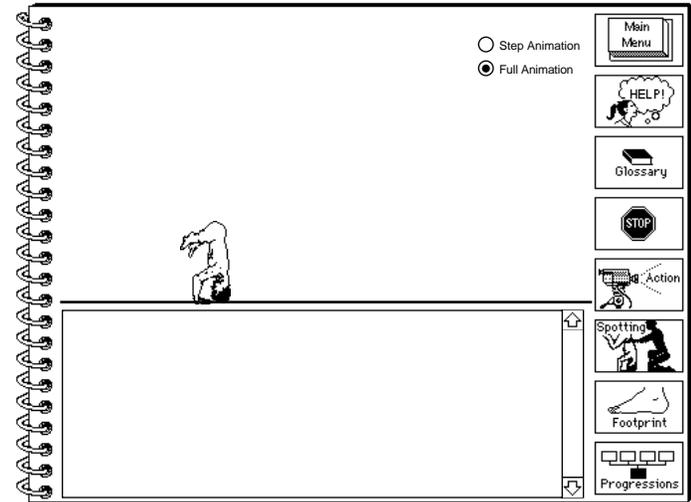
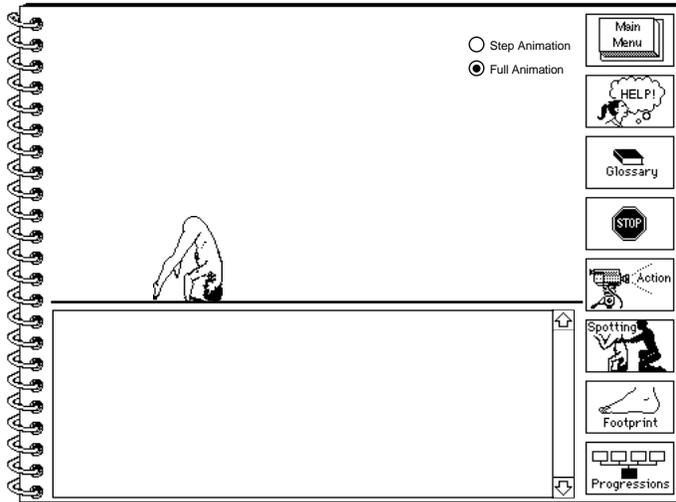
Action

Spotting

Footprint

Progressions

Tumbling Techniques



Tumbling Techniques

Pushaway

Step Animation
 Full Animation

Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions



The pushaway is designed to sensitize the shoulders and trunk to changing forces while aligning. From a pushup position with the shoulder blades pressed apart and the buttocks contracted, the performer should concentrate on pressing the hips away from the hands. The eyes should be focused on the heels of the hands, but the head should not be lifted. The performer will finish in a prone position. All body parts should touch down simultaneously. (Don't belly flop!)

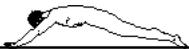
Step Animation
 Full Animation

Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions



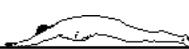
Step Animation
 Full Animation

Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions



Step Animation
 Full Animation

Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions



Tumbling Techniques

Step Animation
 Full Animation

Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions

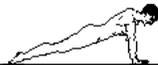


Inchworm

Step Animation
 Full Animation

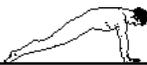
Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions

The inchworm is designed to develop the sensitivity for closure (piking &/or tucking) while transferring weight from the feet onto the hands. The trunk is hollowed and curled, then the lumbar area is flexed, then the hips are flexed.



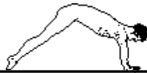
Step Animation
 Full Animation

Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions



Step Animation
 Full Animation

Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions



Tumbling Techniques



Step Animation
 Full Animation

Main Menu

HELP!

Glossary

STOP

Action

Spotting

Footprint

Progressions



Step Animation
 Full Animation

Main Menu

HELP!

Glossary

STOP

Action

Spotting

Footprint

Progressions

Pop Cartwheel



Step Animation
 Full Animation

The pop cartwheel is a lead-up skill for the roundoff . It is a slightly modified front to back cartwheel. The performer steps into the cartwheel after a run and skip hurdle and aggressively transfers his weight from the hurdle through the step and then onto the hands. The hands are placed for either a front to back cartwheel or a roundoff. If adequate momentum is generated and the performer is extending the arms and shoulders to push the hips away from the hands as the handstand position is entered the performer will "pop" off the floor and become airborne momentarily.

Main Menu

HELP!

Glossary

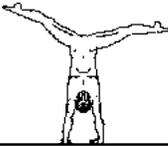
STOP

Action

Spotting

Footprint

Progressions



Step Animation
 Full Animation

Main Menu

HELP!

Glossary

STOP

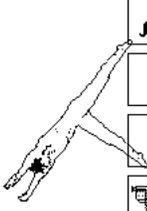
Action

Spotting

Footprint

Progressions

Tumbling Techniques



Step Animation
 Full Animation

Main Menu

HELP!

Glossary

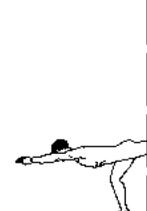
STOP

Action

Spotting

Footprint

Progressions



Step Animation
 Full Animation

Main Menu

HELP!

Glossary

STOP

Action

Spotting

Footprint

Progressions



Step Animation
 Full Animation

Main Menu

HELP!

Glossary

STOP

Action

Spotting

Footprint

Progressions

Pressure Stands



Pressure stands are designed to sensitize the performer's body to the ability to stabilize the alignment of the spinal column, hips and knees.

The performer is directed to become rigid and downward pressure is applied to the shoulders in short and increasingly forceful bursts by the instructor or a partner/spotter. A rule of thumb here is "Whatever is loose, sticks out". If for instance, the gluteals (hips) are relaxed during this exercise, the hips will protrude backward.

Step Animation
 Full Animation

Main Menu

HELP!

Glossary

STOP

Action

Spotting

Footprint

Progressions

Tumbling Techniques



Step Animation
 Full Animation

Main Menu

HELP!

Glossary

STOP

Action

Spotting

Footprint

Progressions



Step Animation
 Full Animation

Main Menu

HELP!

Glossary

STOP

Action

Spotting

Footprint

Progressions



Step Animation
 Full Animation

Main Menu

HELP!

Glossary

STOP

Action

Spotting

Footprint

Progressions

Kneeling Handstand



The kneeling handstand simulates the proper actions of the shoulders when inverted. Downward pressure is exerted by a spotter in short bursts in increasing pulses to simulate the force of gravity. The performer should align the knees, hips, spine, shoulders and elevate the shoulder girdle to "lock out" the position.

As in the standing tips, whatever is loose tends to stick out. The head should be lifted only enough to see the heels of the hands.

Step Animation
 Full Animation

Main Menu

HELP!

Glossary

STOP

Action

Spotting

Footprint

Progressions

Tumbling Techniques

Step Animation
 Full Animation

Main Menu
 HELP!
 Glossary
 STOP
 Action
 Spotting
 Footprint
 Progressions



Step Animation
 Full Animation

Main Menu
 HELP!
 Glossary
 STOP
 Action
 Spotting
 Footprint
 Progressions

Standing Tips

Sideward



Front to Back



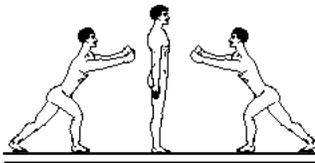
Standing tips are used to sensitize the performer's body to the ability to maintain a rigid aligned body while the center of gravity is not above the base. The performer is tipped first forward, then backward and then left and right. The performer should resist the temptation to step in the direction of the lean, or distort the aligned position by either arching, piking or both.

The instructor/partner should be sensitive to the tendency of the performer to use the spotter as a crutch and actually press

Step Animation
 Full Animation

Main Menu
 HELP!
 Glossary
 STOP
 Action
 Spotting
 Footprint
 Progressions

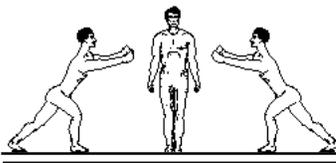
Front to Back



Step Animation
 Full Animation

Main Menu
 HELP!
 Glossary
 STOP
 Action
 Spotting
 Footprint
 Progressions

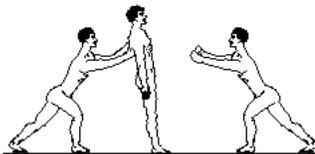
Sideward



Tumbling Techniques

Step Animation
 Full Animation

Front to Back



Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions

Step Animation
 Full Animation

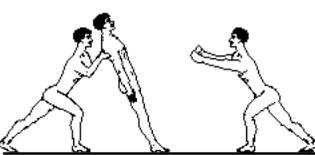
Sideward



Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions

Step Animation
 Full Animation

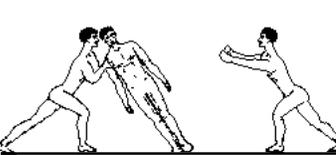
Front to Back



Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions

Step Animation
 Full Animation

Sideward



Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions

Tumbling Techniques

○ Step Animation
● Full Animation

Front to Back

Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions

○ Step Animation
● Full Animation

Sideward

Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions

○ Step Animation
● Full Animation

Front to Back

Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions

○ Step Animation
● Full Animation

Sideward

Main Menu
HELP!
Glossary
STOP
Action
Spotting
Footprint
Progressions

Tumbling Techniques

Push-up & Aways

Step Animation
 Full Animation



The "Pushup and Away" sequence is basically the same drill as the pushaway drill, but the performer approaches the handstand while extending. Most beginners attempt to pull themselves over their hands at this stage. They must learn to maintain alignment and press the hips AWAY from the hands.

The body shape should not be distorted (arched or piked) during the shoulder alignment. The spotter(s) position themselves either side of the performer and close their heads on the ribcage and the

[Main Menu](#)
[HELP!](#)
[Glossary](#)
[STOP](#)
[Action](#)
[Spotting](#)
[Footprint](#)
[Progressions](#)

Step Animation
 Full Animation



[Main Menu](#)
[HELP!](#)
[Glossary](#)
[STOP](#)
[Action](#)
[Spotting](#)
[Footprint](#)
[Progressions](#)

Step Animation
 Full Animation



[Main Menu](#)
[HELP!](#)
[Glossary](#)
[STOP](#)
[Action](#)
[Spotting](#)
[Footprint](#)
[Progressions](#)

Step Animation
 Full Animation



[Main Menu](#)
[HELP!](#)
[Glossary](#)
[STOP](#)
[Action](#)
[Spotting](#)
[Footprint](#)
[Progressions](#)

Tumbling Techniques

RockNRoll

Step Animation
 Full Animation



The "Rock'n'Roll" is a repetitive drill combining the first half of the backward roll and the last half of the forward roll in a rhythmical manner.

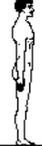
From a sitting position the student rocks backward while maintaining a rounded back. The hands are placed in a position to duplicate the backward roll and the student attempts to support some weight on the hands while holding the knees and hips high.

After a momentary pause the shoulders and back are lowered

Main Menu
 HELP!
 Glossary
 STOP
 Action
 Spotting
 Footprint
 Progressions

Roundoff

Step Animation
 Full Animation



The roundoff is a skill that a tumbler uses to transform his forward movement (the run) into backward movement (such as a flipflop). The skill is similar to a front to back cartwheel except that as the performer enters the handstand it is with much greater velocity, and the legs close near the handstand and remain joined until the landing.

As the performer passes through the handstand the arms and shoulders are extended forcefully and the performer springs off the

Main Menu
 HELP!
 Glossary
 STOP
 Action
 Spotting
 Footprint
 Progressions

Step Animation
 Full Animation



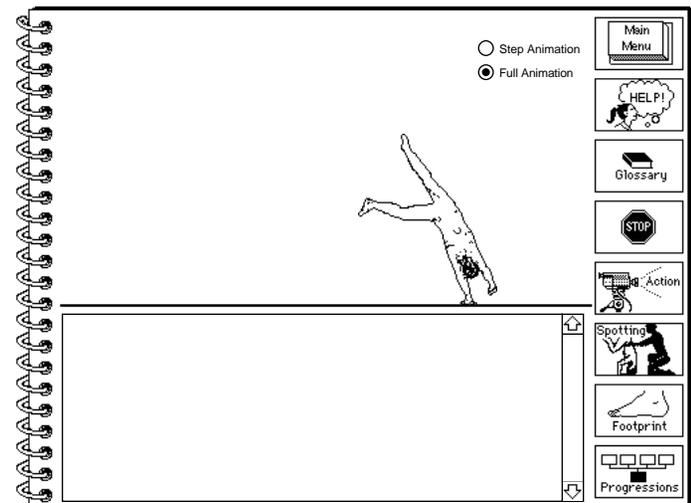
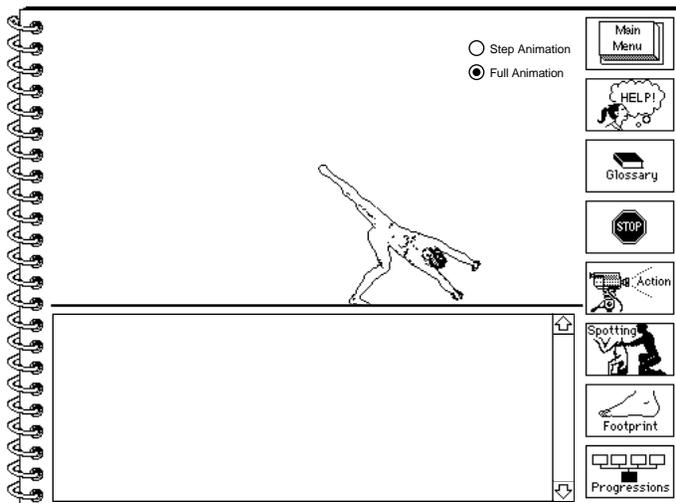
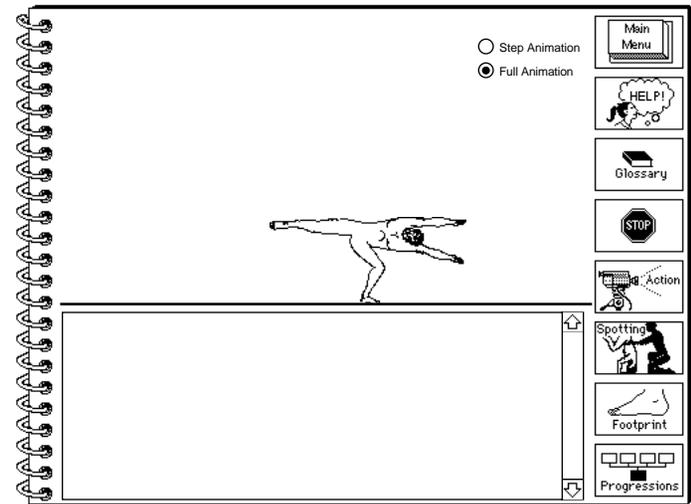
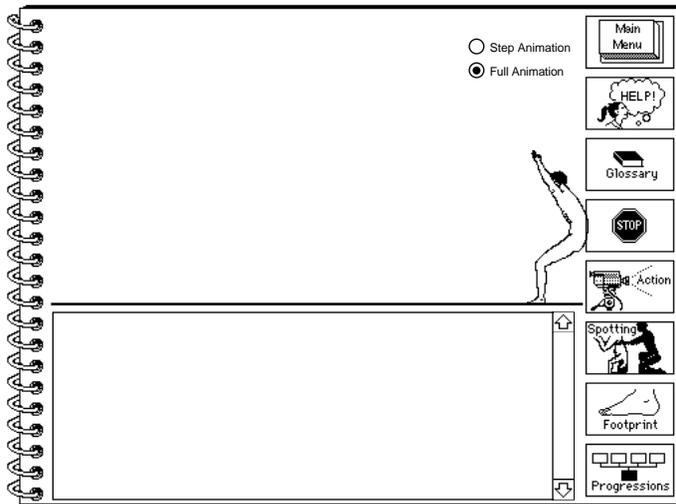
Main Menu
 HELP!
 Glossary
 STOP
 Action
 Spotting
 Footprint
 Progressions

Step Animation
 Full Animation

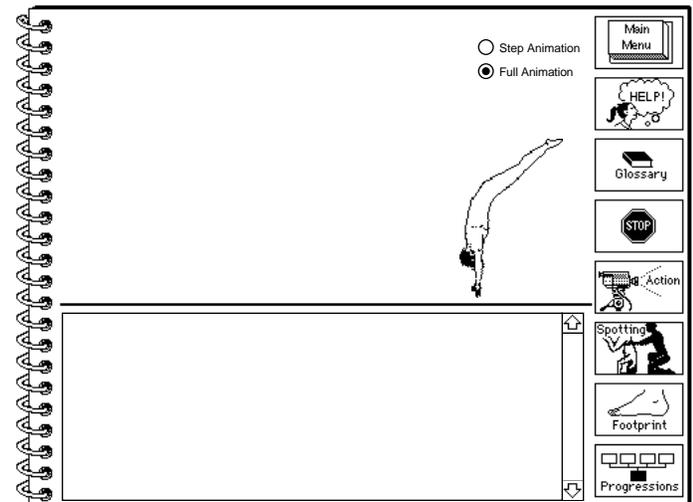
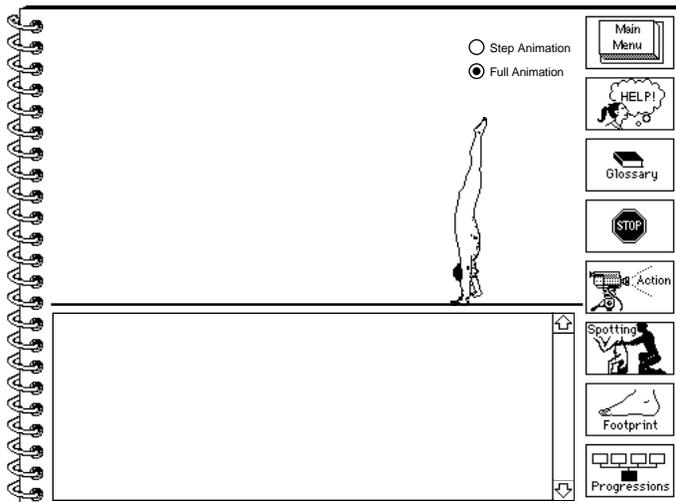
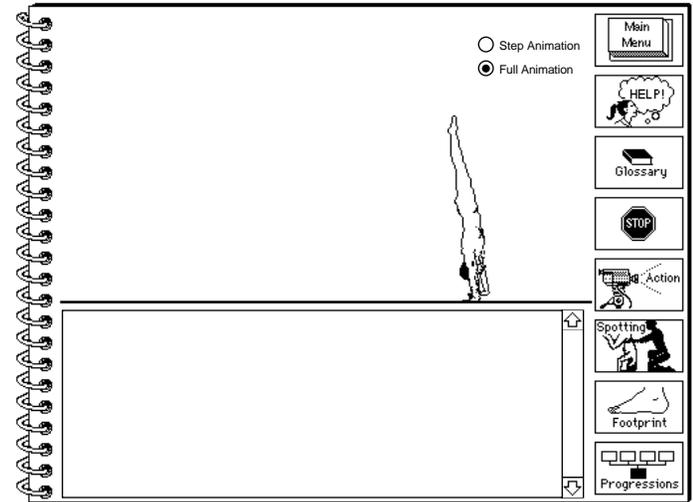
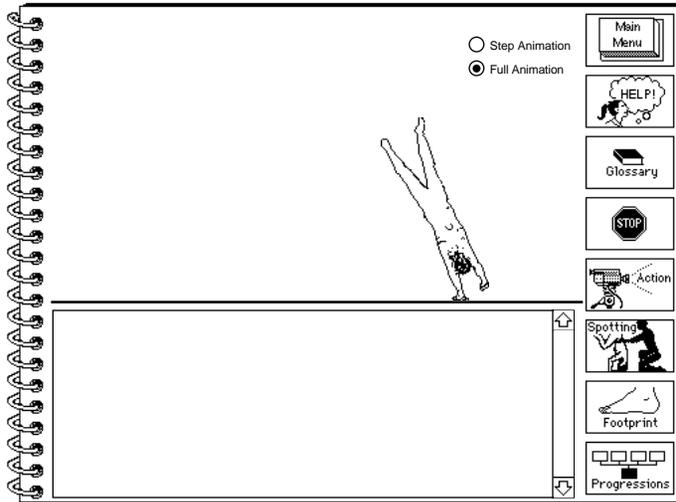


Main Menu
 HELP!
 Glossary
 STOP
 Action
 Spotting
 Footprint
 Progressions

Tumbling Techniques



Tumbling Techniques



Tumbling Techniques



Step Animation
 Full Animation

Main Menu

HELP!

Glossary

STOP

Action

Spotting

Footprint

Progressions

Sideward Cartwheel



Step Animation
 Full Animation

The sideward cartwheel is an easy entry into the inverted tumbling world. This skill is very similar to simply stepping over an object while the hands are supporting the body weight. In performing the sideward cartwheel the tumbler will face perpendicular to the line of direction throughout the skill.

From a stand, the performer stretches the arms upward and reaches sideward with the stepping leg. The kneecap should point forward as the leg is lifted. The length of the step should be about a

Main Menu

HELP!

Glossary

STOP

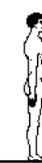
Action

Spotting

Footprint

Progressions

Skip Hurdle



Step Animation
 Full Animation

The skip hurdle is used to smoothly transform a fast run into a front handspring, roundoff, aerial cartwheel or such. After a short running approach, the performer hops on the same foot and then steps forward into the tumbling skill.

As the hopping action begins the arms are swung forward or rearward dependent upon the skill demands. In front handsprings the arms are swung forward and into a position overhead- ready to be placed upon the tumbling surface. In dive cartwheels the arms

Main Menu

HELP!

Glossary

STOP

Action

Spotting

Footprint

Progressions



Step Animation
 Full Animation

Main Menu

HELP!

Glossary

STOP

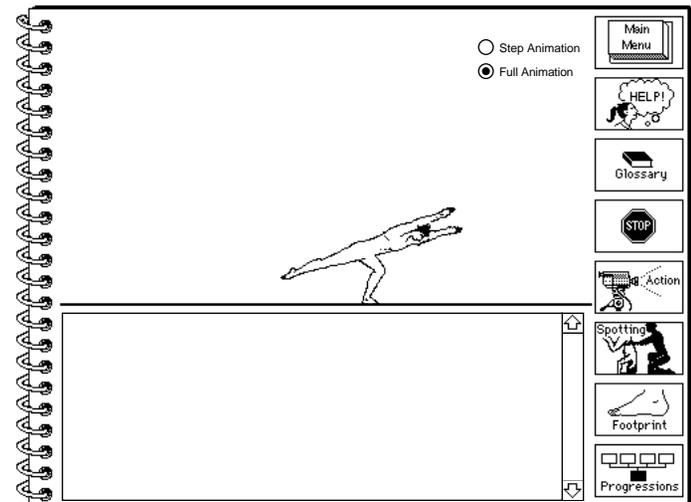
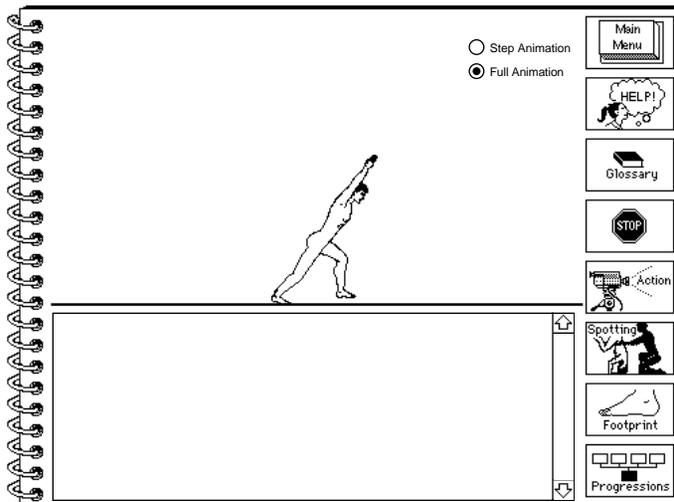
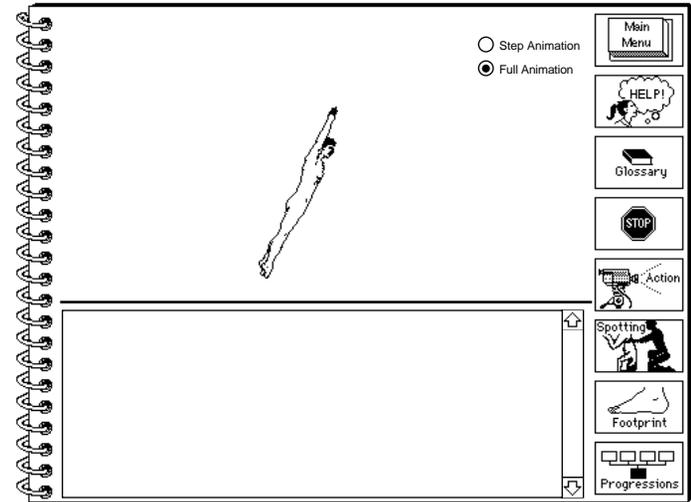
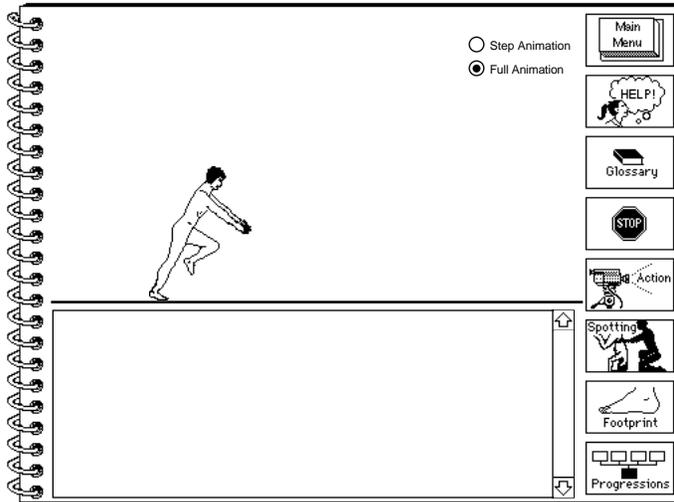
Action

Spotting

Footprint

Progressions

Tumbling Techniques



Tumbling Techniques

Step to Handstand

Step Animation
 Full Animation

[Main Menu](#)
[HELP!](#)
[Glossary](#)
[STOP](#)
[Action](#)
[Spotting](#)
[Footprint](#)
[Progressions](#)

The keys to successful performance of the step to handstand are:

- the step should be about a half-body length to ensure proper hip alignment is maintained.
- the hand placement should be about one body length away from the starting position to allow to shoulder alignment to be maintained.
- throughout the weight shift onto the hands the shoulder-girdle should remain elevated (shrugged upward so that the ears are covered by the shoulders) and the performer must resist all

Step Animation
 Full Animation

[Main Menu](#)
[HELP!](#)
[Glossary](#)
[STOP](#)
[Action](#)
[Spotting](#)
[Footprint](#)
[Progressions](#)

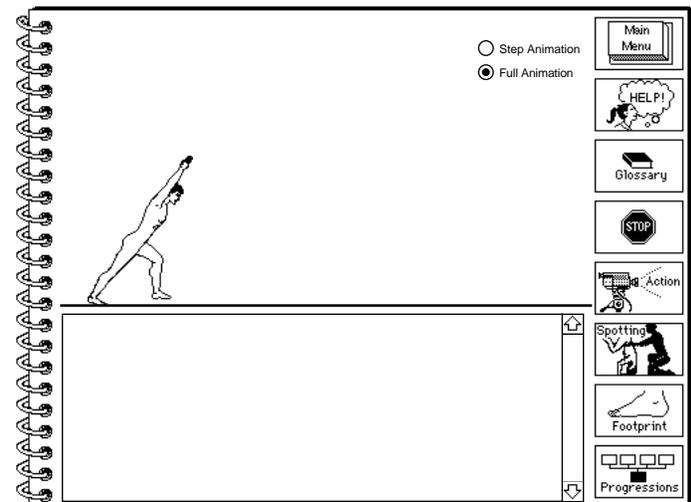
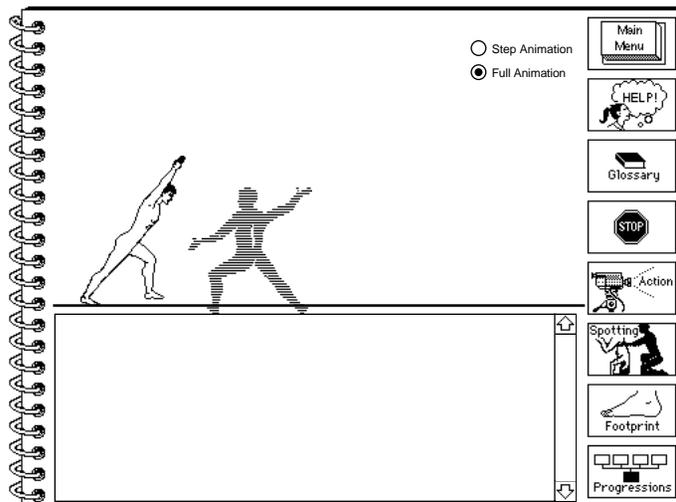
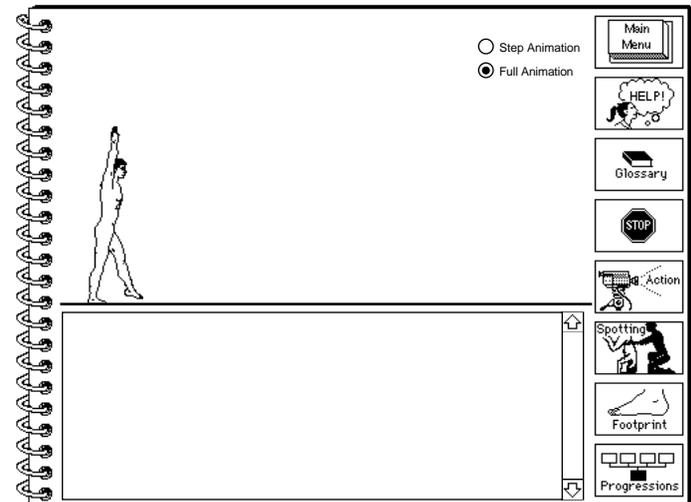
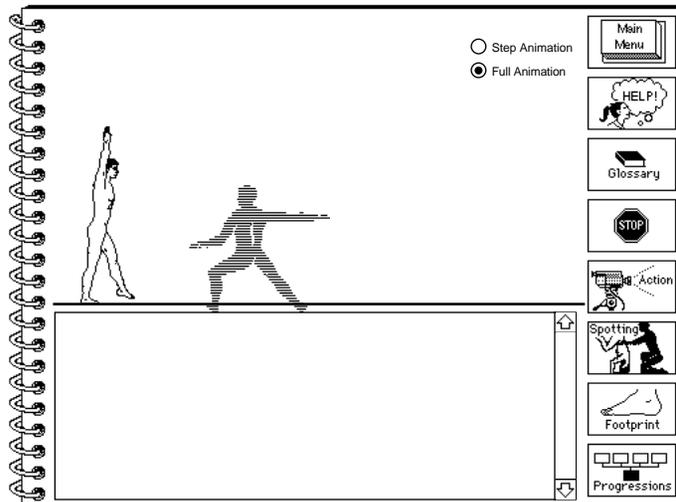
Step Animation
 Full Animation

[Main Menu](#)
[HELP!](#)
[Glossary](#)
[STOP](#)
[Action](#)
[Spotting](#)
[Footprint](#)
[Progressions](#)

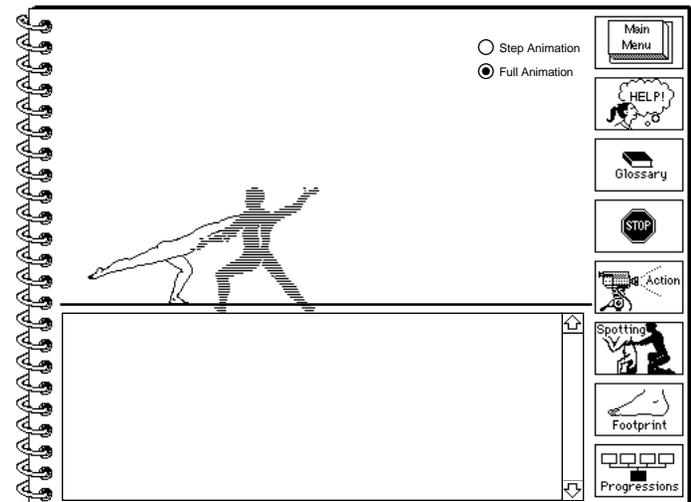
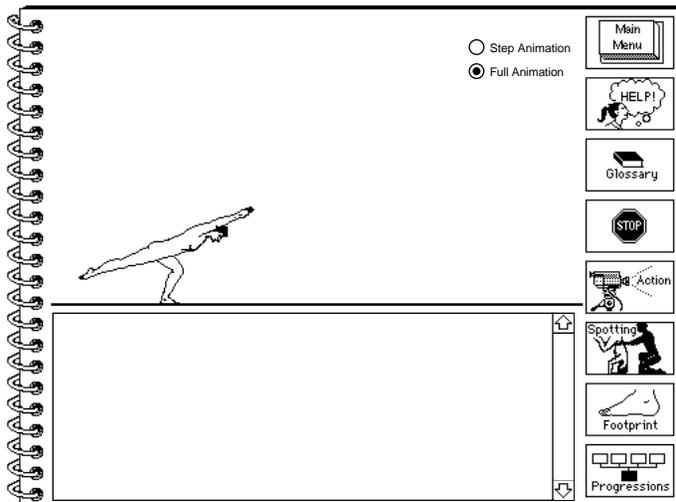
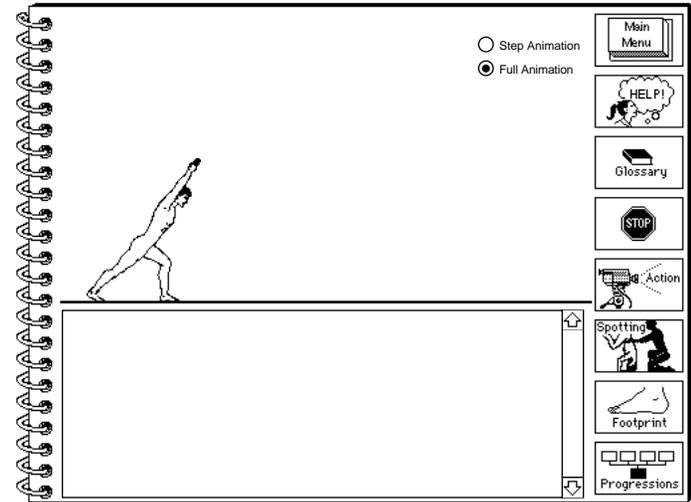
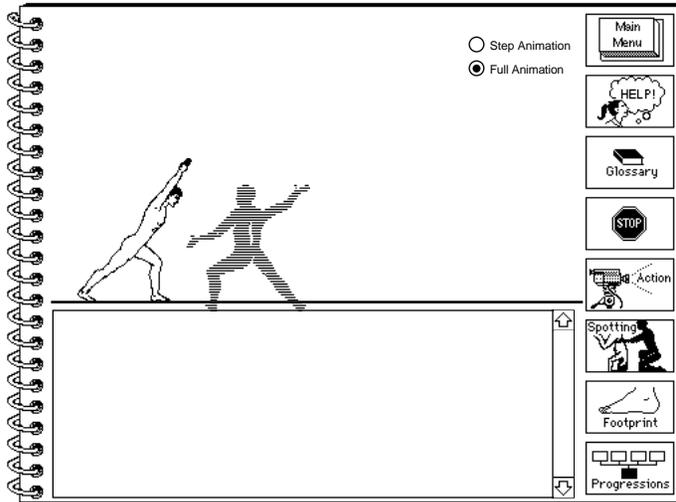
Step Animation
 Full Animation

[Main Menu](#)
[HELP!](#)
[Glossary](#)
[STOP](#)
[Action](#)
[Spotting](#)
[Footprint](#)
[Progressions](#)

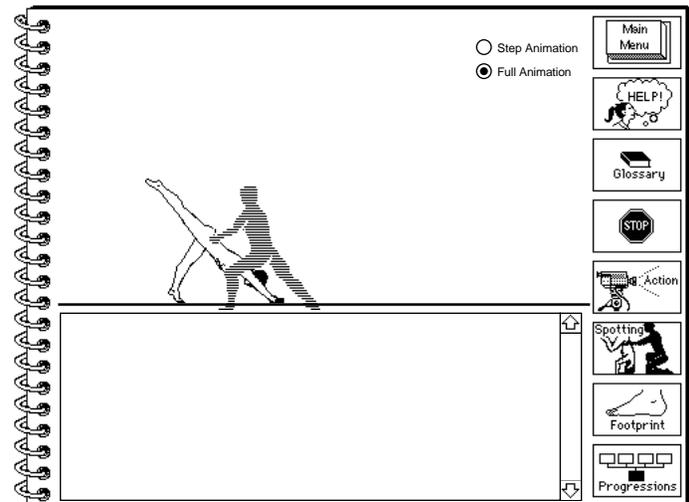
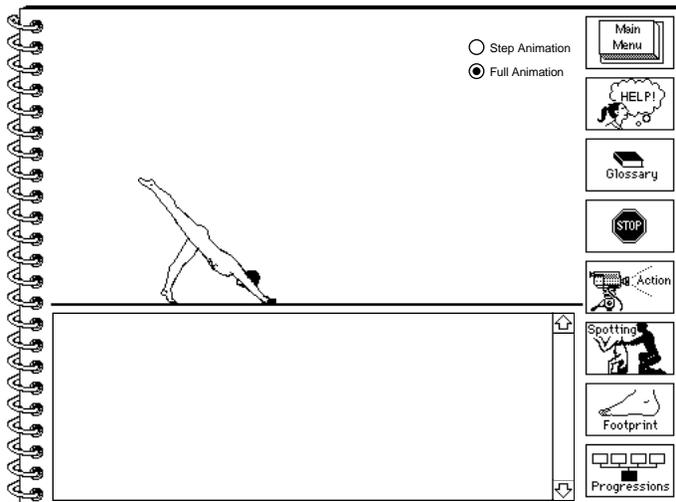
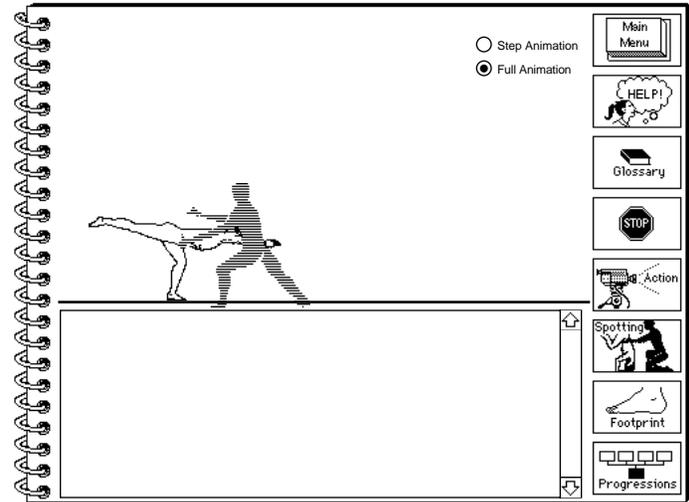
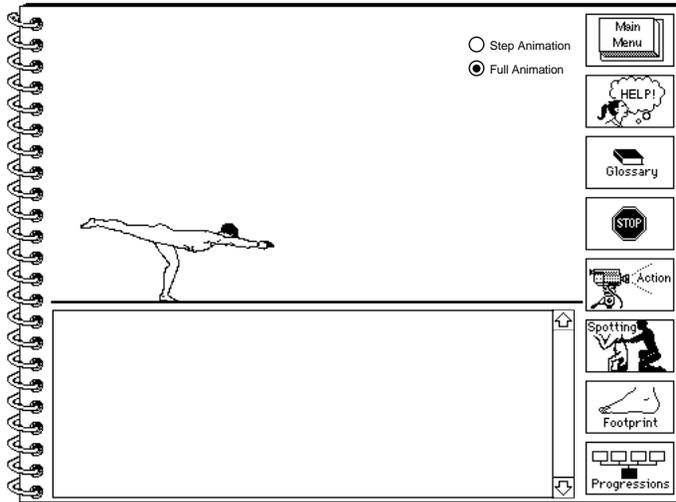
Tumbling Techniques



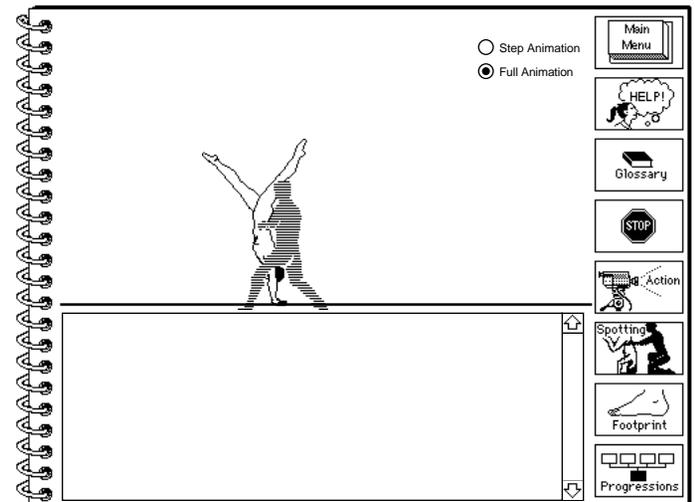
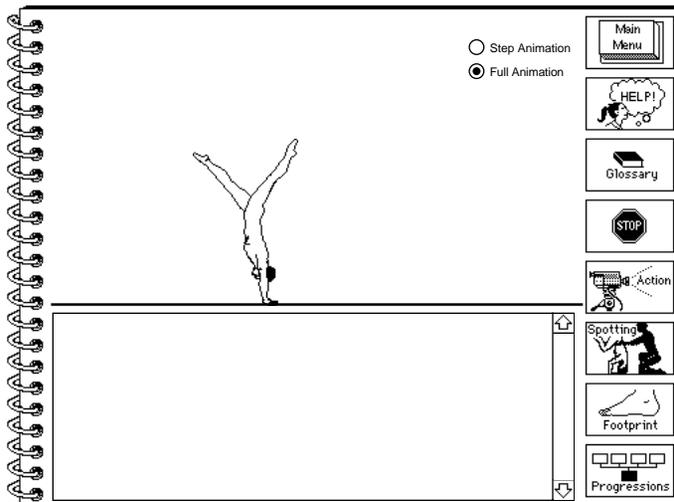
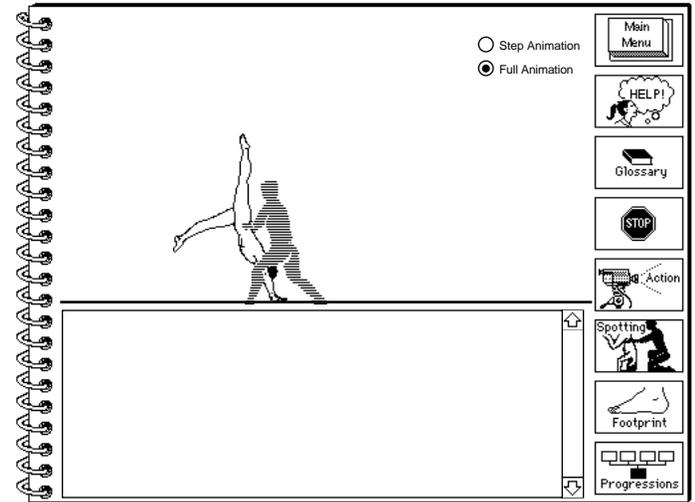
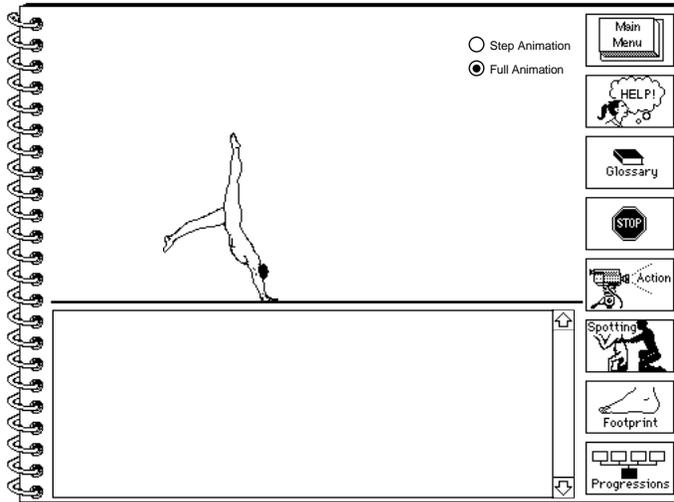
Tumbling Techniques



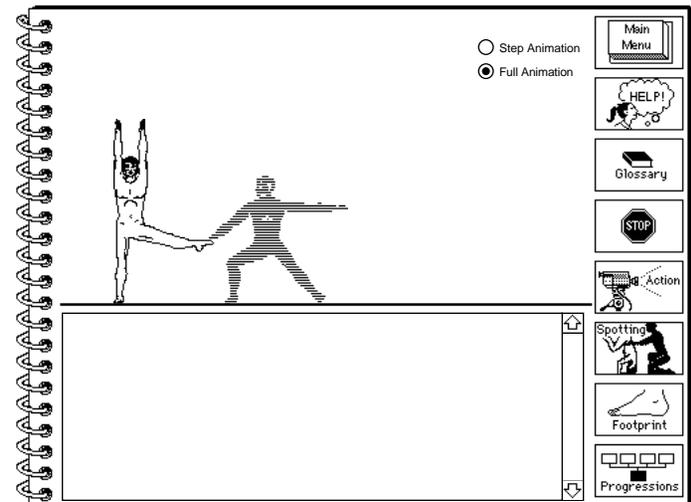
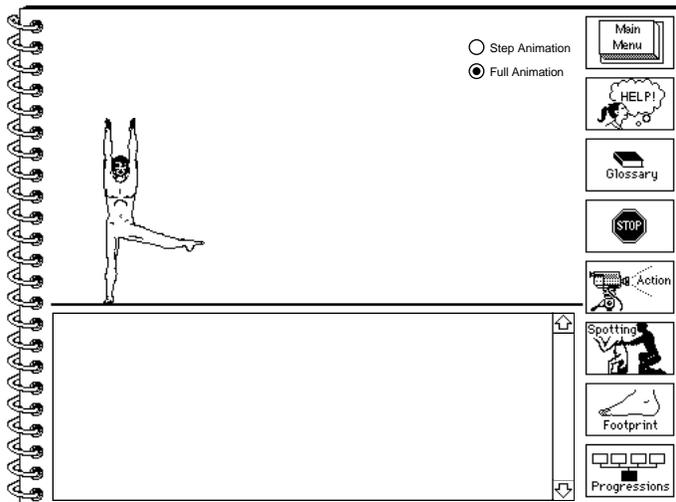
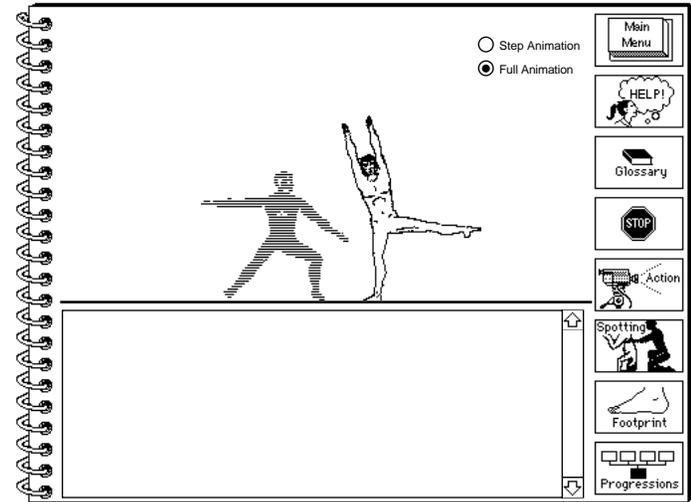
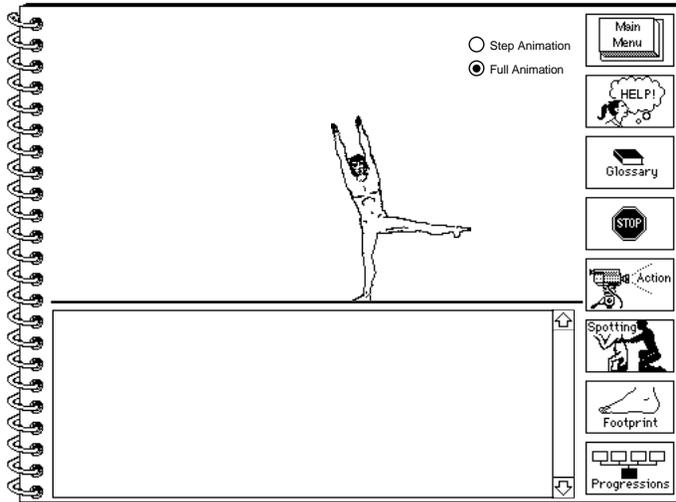
Tumbling Techniques



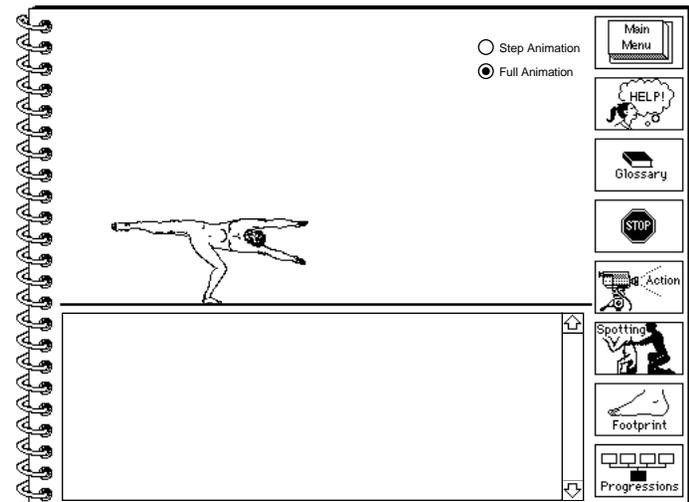
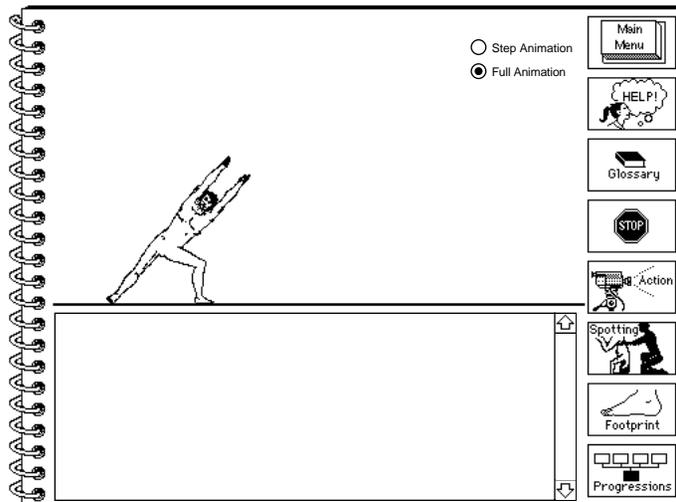
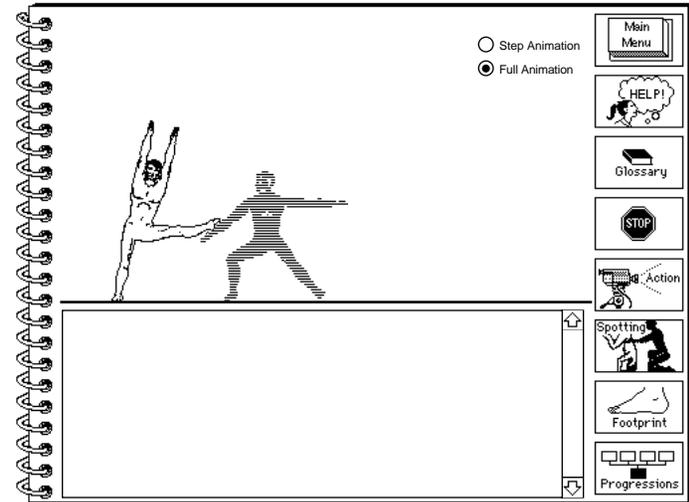
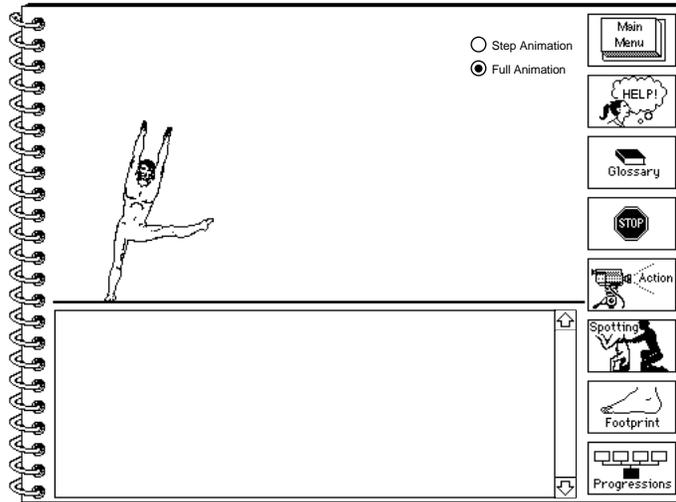
Tumbling Techniques



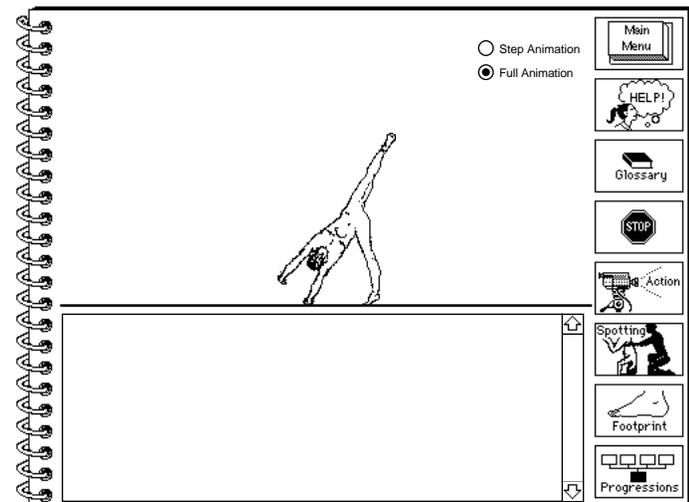
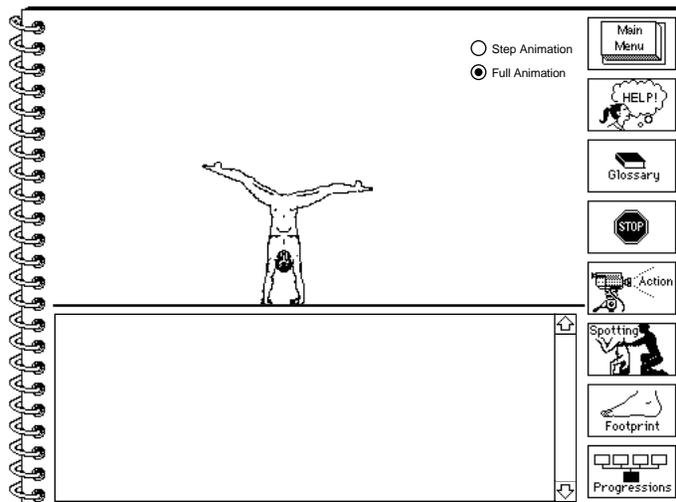
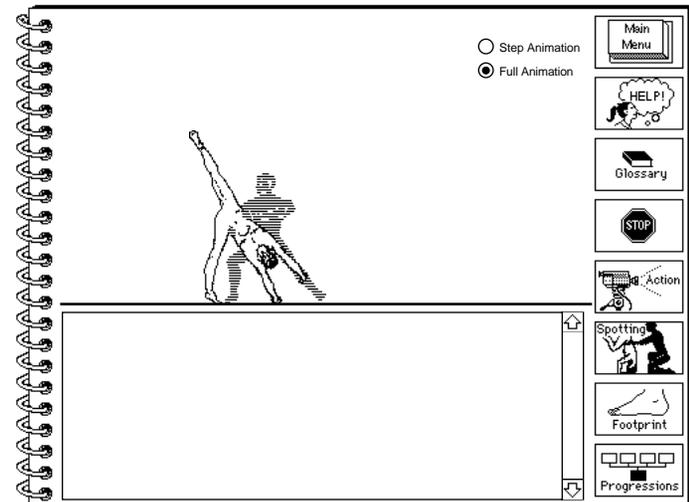
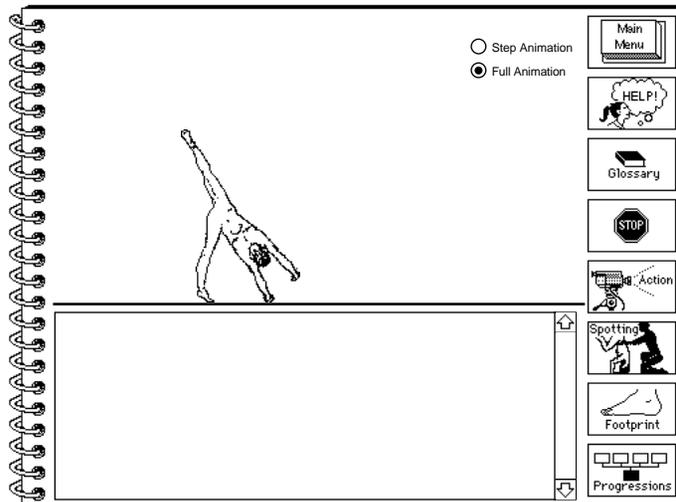
Tumbling Techniques



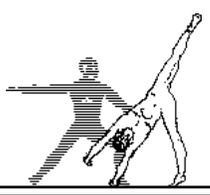
Tumbling Techniques



Tumbling Techniques



Tumbling Techniques



Step Animation
 Full Animation

Main Menu

HELP!

Glossary

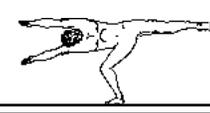
STOP

Action

Spotting

Footprint

Progressions



Step Animation
 Full Animation

Main Menu

HELP!

Glossary

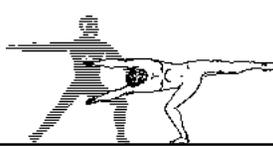
STOP

Action

Spotting

Footprint

Progressions



Step Animation
 Full Animation

Main Menu

HELP!

Glossary

STOP

Action

Spotting

Footprint

Progressions

Tripod Balance



Figure 1

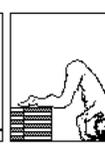


Figure 2



This card depicts the tripod balance where the knees are placed on the elbow/tricep of the arms while flexing the knees and pressing the hips upward.

The thighs should be pulled tightly towards the chest and the heels close to the buttocks. The performer will soon have enough control to lift the knees off the elbows and hold a tucked headstand (Fig. 1).

Step Animation
 Full Animation

Main Menu

HELP!

Glossary

STOP

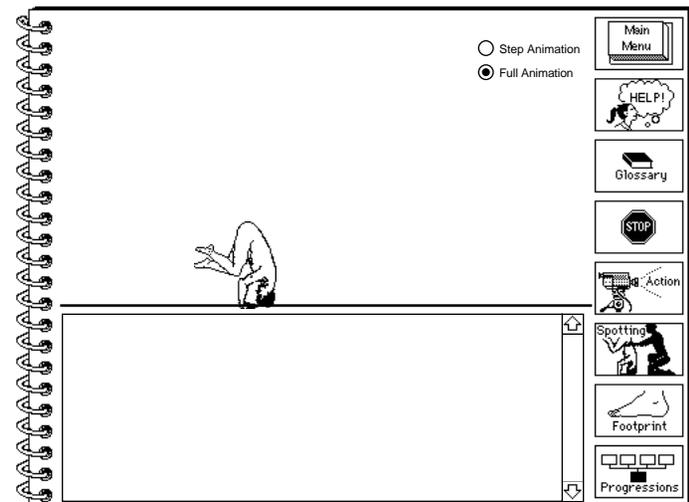
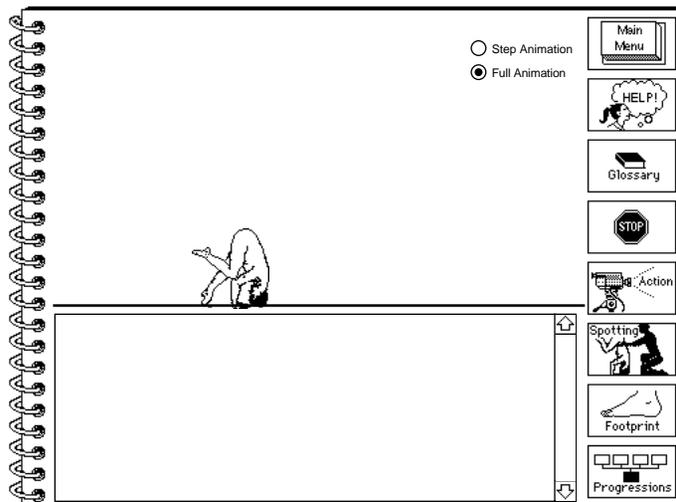
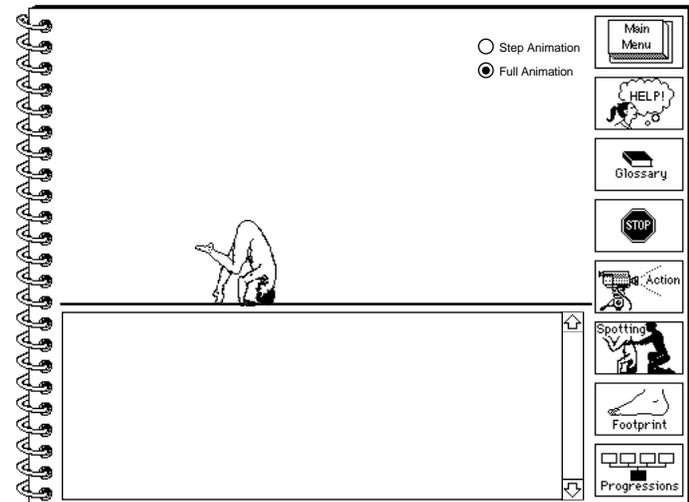
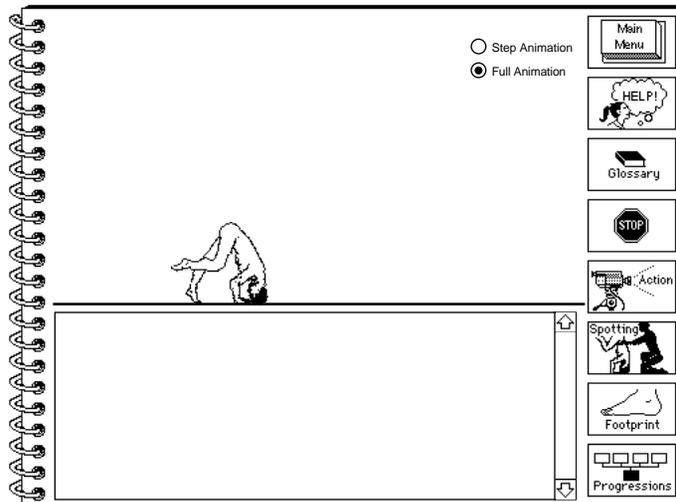
Action

Spotting

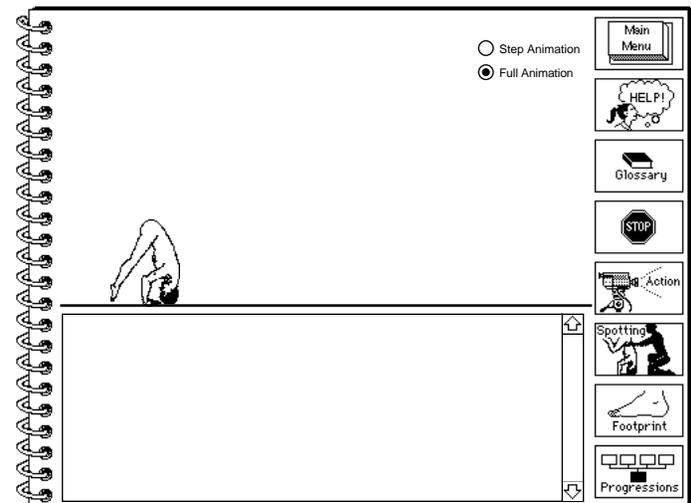
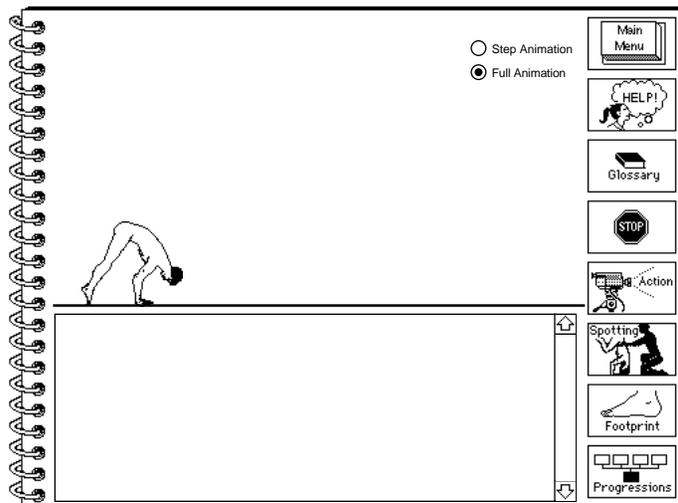
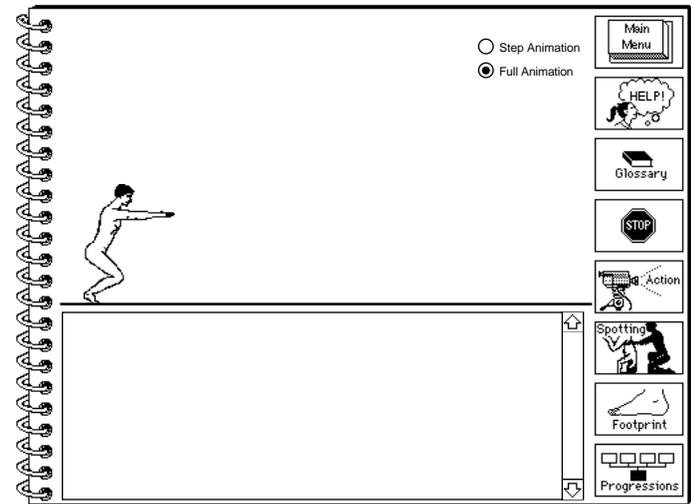
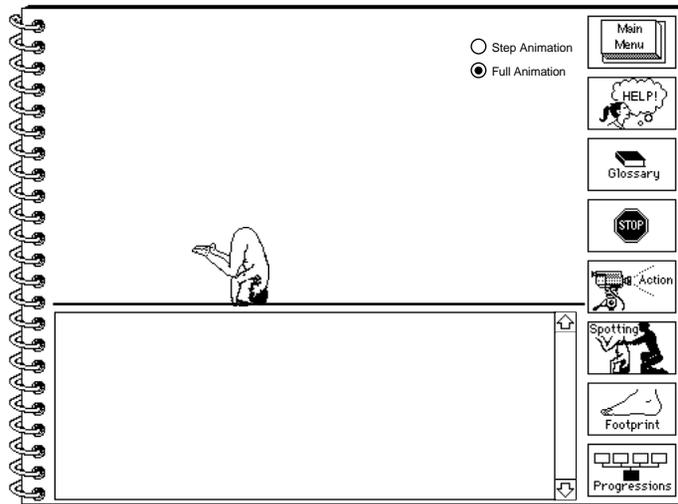
Footprint

Progressions

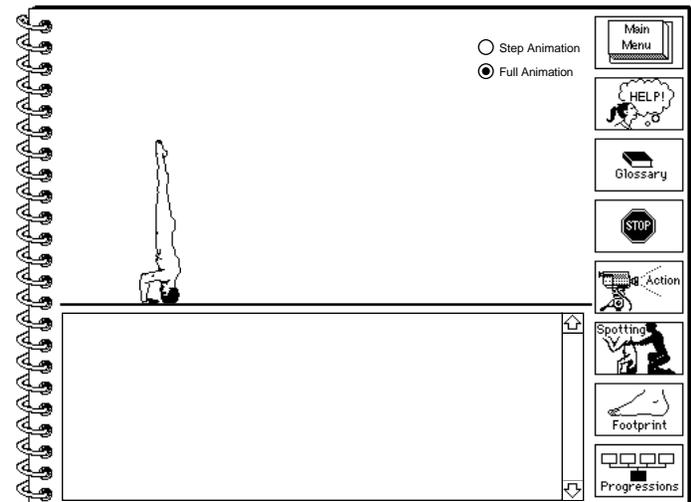
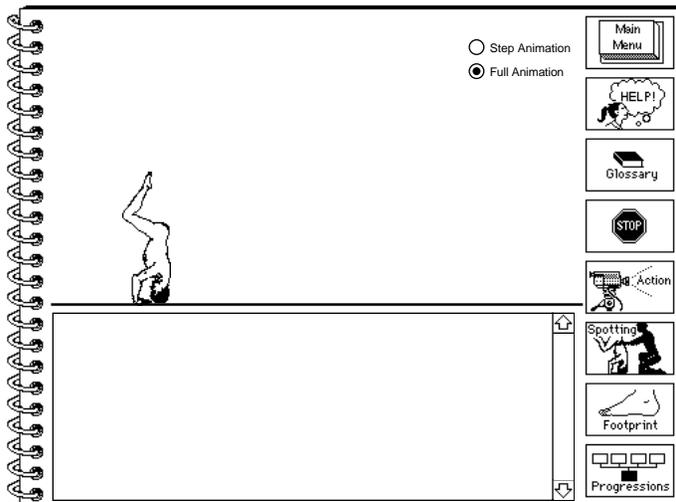
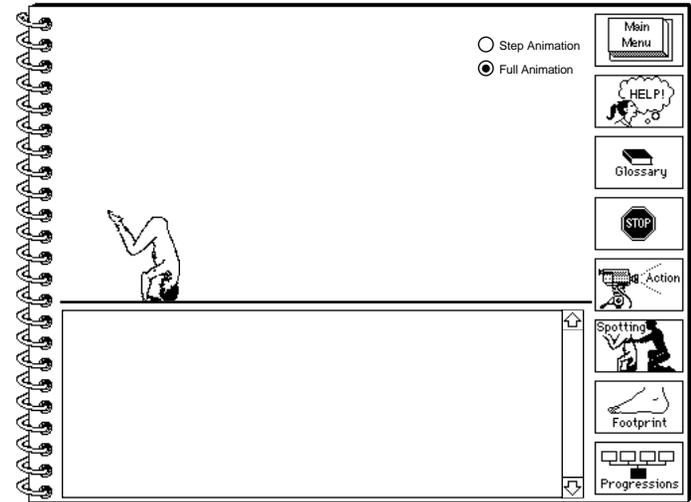
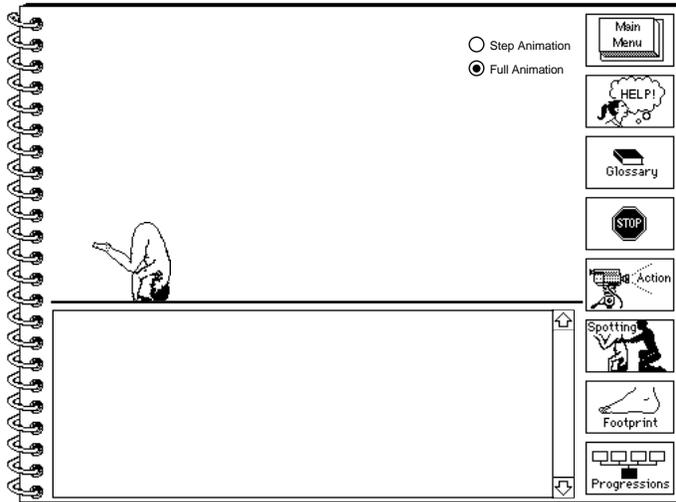
Tumbling Techniques



Tumbling Techniques



Tumbling Techniques



Tumbling Techniques

Tripod Press

Step Animation
 Full Animation

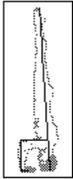


Figure 1

From a stand the performer will squat and place the hands on the mat about an arm's length away. As the weight is transferred onto the hands the performer should gently lower the head to the mat. Contact should be on the front-central portion of the skull. The head should be placed in front of the hands so that the hands are visible to the performer when the head is placed down. The hands should be placed so that the elbows are located above the hands. The elbow and shoulder angles should both be about 90 degrees (Fig. 1). The shoulder girdle should be depressed and the

Main Menu
 HELP!
 Glossary
 STOP
 Action
 Spotting
 Footprint
 Progressions

Two Foot Hurdle

Step Animation
 Full Animation



The two foot hurdle step is simply a jump from one foot onto two with an appropriate arm swing. The hurdle should be long and low and directed by a forceful push from the last step. The action upon landing is an impulse action. That is- the knees, ankles and hips should be in the process of extending as contact with the tumbling surface occurs. They should not continue to bend and absorb force, and they should not be fully extended as contact occurs.

Main Menu
 HELP!
 Glossary
 STOP
 Action
 Spotting
 Footprint
 Progressions

Step Animation
 Full Animation



Main Menu
 HELP!
 Glossary
 STOP
 Action
 Spotting
 Footprint
 Progressions

Step Animation
 Full Animation



Main Menu
 HELP!
 Glossary
 STOP
 Action
 Spotting
 Footprint
 Progressions

Tumbling Techniques

Glossary gloss ab

Alignment; a straight line arrangement of body parts, used to efficiently support weight

Arch; a hyper-extended position existing in the hips, back or shoulders

Arm drag; action used during hurdles so that the forward arm swing may be utilized

Base; all body parts (and the area between these parts) in contact with the tumbling surface

Body Length; an individual's stretched length from toes to fingertips

Bridge; a support on the hands and feet with the hips, back and shoulders arched

Return

Tumbling Techniques

 gloss cd

Glossary

Candle; a balance part held on the shoulders

Center of Gravity; a theoretical point that may exist inside or outside of an object

Chest Pike; flexion of the thoracic (chest) region of the spinal column

Drag (arm); moving both arms backward to a position behind the hips.

Draw; anterior pelvic rotation combined with hyperextension of the lumbar area.

[Return](#)

YZ WX UV ST QR OP MN KL JI GH EF CD

 gloss ef

Glossary

Elevation; in referring to the shoulder girdle, lifting the shoulders to align the bones of the shoulder region.

Far hand; the spotter's hand farthest from a performer (opposed to near hand)

Forward armswing; raising the arms forward quickly from the hips to a point above the shoulders (occurs as jump begins)

[Return](#)

YZ WX UV ST QR OP MN KL JI GH EF

 gloss gh

Glossary

Gluteals; term used to describe the muscle tissue of the buttocks

Hip Draw; contracting the lower back muscles to arch the lower back while piking the hips (used in presses to head and handstands)

Hollow; contracting the pectorals (chest muscles) to pull the shoulders forward

Hurdle; a hop from one foot onto the same foot, followed by a step (skip hurdle) or from one foot onto two feet (two foot hurdle)

[Return](#)

YZ WX UV ST QR OP MN KL JI GH EF

 gloss ij

Glossary

Impulse action; a large force exerted over a short time period, commonly used in punching actions... (for example a roundoff+rebound)

Inchworms; a drill used in teaching the pressing action

[Return](#)

YZ WX UV ST QR OP MN KL JI GH EF

Tumbling Techniques

Glossary gloss kl

Knelling handstand; drill focusing on shoulder and hip alignment

Lumbar: vetebral region of the spine between the pelvis (hips) and the thoracic (rib cage) area.

Lunge; a stride position, (forward or sideward) with one knee flexed commonly seen preceeding scales

Return

YZ WX UV ST QR OP MN KL

Glossary gloss mn

Mousetrap; progression used for head/neck-springs to focus on the explosive opening action

Movement pattern; a frequently occuring combination of joint actions

Near hand; the spotter's hand closest to a performer (as opposed to far hand)

Return

YZ WX UV ST QR OP MN

Glossary gloss op

Overhead arm swing; extending the arms overhead from a position above the shoulders

Pancake; a seated position with the hips flexed and the legs straddled

Pike; a position with the hips bent and knees extended

Pirouette; a pivot forward or backward while supported in the handstand position

Planche; a position of flexion in the shoulders, also a strength part held in this position

Pop Cartwheel; a front to back cartwheel performed such power that the performer becomes airborne after pass through the handstand. (hybrid of cartwheel and roundoff)

Pressure stand; a body awareness drill used to develop alignment of the hips and spinal column

Punch front; forward salto usually performed immediately following a back somi-type skill

Push aways; a body awareness drill used to focus on alignment through the shoulders while supporting weight on the hands

Push-up and aways; same as above but even more weight is supported by the hands

Return

YZ WX UV ST QR OP

Glossary gloss qr

Repulsion; impulse rebound from either the hands or feet.

Russian arm swing; raising the arms quickly rearward to about shoulder height

Return

YZ WX UV ST QR

Tumbling Techniques

gloss st

Glossary

Shoulder Girdle; the region of the body composed of the collarbone, shoulder blade and upper arm

Skip Hurdle; a locomotor skill used in preparation for a tumbling accelerator such as a roundoff

Spot; lending assistance to a performer during the execution of a skill

Somi; commonly referred to as a flip, an airborne somersault, either forward or backward

Straddle; a position with the legs separated laterally (hip abduction)

Stride; legs separated with one leg flexed at the hips and one hip hyperextended (as in a split)

Tip drills; a body awareness drill used to develop alignment of the hips and spinal column

Tuck; a position with the hips and knees flexed

Two foot Hurdle; following a run a jump from one foot onto two used prior to dive rolls, somis

Return

gloss uv

Glossary

Return

gloss wx

Glossary

Return

gloss yz

Glossary

Return