



ADV TUMBLING TESTING 1

Airtrack	Do not tick if...
Roundoff, flic	<ul style="list-style-type: none"> - Spotting is necessary - Poor connection - Fall
Aerial, flic	<ul style="list-style-type: none"> - Poor shape - Not consecutive - Fall
Backsault	<ul style="list-style-type: none"> - Incorrect shape or take-off shape (head chuck, no rounding in back) - Lack in power (height, rotation) - Fall
Roundoff, flic, backsault	<ul style="list-style-type: none"> - Spotting is necessary - Poor connection - Fall
Round off, flic, flic, flic	<ul style="list-style-type: none"> - Not on purple line - Pause or shuffling between flics - Poor shape or bending legs excessively between flics (buckling)
Front handspring step out	<ul style="list-style-type: none"> - Lack of control or shape (bent hips, arms or legs) - No roundoff - Pause or poor connection to roundoff
Tramp	Do not tick if...
Front sault half twist	<ul style="list-style-type: none"> - Less than half twist - Fall - Twisting too early
Back sault pike and layout	<ul style="list-style-type: none"> - Incorrect shape - Lack of control or height

Small Errors

- Slightly bent or loose leg/arm
- Legs slightly separated/crossed
- Unpointed or relaxed foot
- Loose body/poor posture
- Small wobble
- Slightly wonky
- Small step/hop on landing

Medium/Large Errors

- Incorrect body shape
- Significant bent leg/arm
- Legs far apart
- Not enough height (in jumps/swings/casts)
- Very wonky
- Medium/large wobble or fall
- Shuffle between two connected elements



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Phys prep	Do not tick if...
30 sec handstand against wall	<ul style="list-style-type: none"> - Fall before 30 secs - Poor shape
10 x weighted shrugs	<ul style="list-style-type: none"> - Reps are rushed or messy - Poor range of motion
5 x leg lifts	<ul style="list-style-type: none"> - Feet do not touch top of ladder - Legs bend - Arms bend
25 x box jumps in 30 secs	<ul style="list-style-type: none"> - Reps incomplete by 30 secs
5 x courbette to board	<ul style="list-style-type: none"> - Arch comes from back rather than shoulders and hips - No rebound - Loose legs - Bent arms
Floor	Do not tick if...
Handstand forwards roll, pike up to stand, tuck or pike to handstand full pivot	<ul style="list-style-type: none"> - Failure to complete sequence - Bent legs in handstand or pivot - Bent legs in pike to feet - Bent arms in forwards roll - Lack of control or losing control in pivot
Back walkover, flic	<ul style="list-style-type: none"> - Slow or pause connection - Lack of power - Poor shape/bent legs or arms
Roundoff, flic	<ul style="list-style-type: none"> - Legs bent too much through bounding connection - Poor rhythm - Poor shape - No rebound out of flic
Back roll to handstand	<ul style="list-style-type: none"> - Hands not turned inwards through backwards roll - Arms bending - Not extending to full handstand with control
Front sault	<ul style="list-style-type: none"> - Failure to land - Lack of height or rotation - Poor tuck shape
Springboard courbette	<ul style="list-style-type: none"> - Incorrect snapping shape/motion - Bending arms or legs - Low rebound