

Beginner Tumble	Beginning Technique for Basic Tumbling Positions Back-bend Bridge Handstands Forward/Backward Rolls Cartwheel Roundoff Front/Back Walkover Bridge Kickover	Intro to Back Handspring	Beginning fundamental techniques for Back Handspring Achieve Standing Back Handspring
Advance Back Handspring	Round off Back Handspring Multiple Back Handspring with a rebound (standing/running) Combination to Back Handspring	Intro to Tuck	Fundamental techniques for tucks Round off Tuck Round off Back Handspring Tuck
Advance Tuck	Standing Tuck Standing Back Handspring (1,2,3) Tuck Punch Front Aerial Combination to Tuck (Standing/Running)	Layout Class	Fundamental Techniques for layouts Standing Back Handspring (1,2,3) to layout Whip Punch Front Round-off Combination to layouts (standing/running)
Intro to Fulls	Fundamental Techniques for a full. Round-off Back Handspring Full Standing Back Handspring (1,2,3) full	Advance twisting skills	Standing Full Double Full Speciality Advanced Twisting skills
Focused Lesson	1 on 1 lessons to focus on the athlete's desired skill. *can have more than one athlete in this lesson*		