

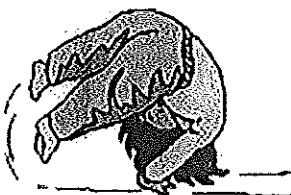
Gymnastics Unlimited

4368 Warm Springs Rd.

Columbus, GA 31909

(706) 563-1866

www.gymunlimitedga.com



Tumbling I, II, and III Skill Sheet:

| Floor | Tumble Trak | Trampoline |
|---------------------------------|---------------------------------|-----------------------|
| Forward Roll | Controlled Jump | Controlled Bounce |
| Backward Roll* | Position Jumps† | Seat Drop† |
| Handstand† | Roundoff† | Dog Drop |
| Back Bend* | Roundoff Back Handspring* | Seat Drop Back Drop† |
| Kick Over* | Roundoff Back Handspring Tuck | Dog Drop Forward Roll |
| Front Limber* | Roundoff Back Handspring Layout | Jump Full Turn† |
| Cartwheel† | Roundoff Back Handspring Full | Back Handspring* |
| Roundoff† | | Back Tuck |
| Back Handspring* | | Layout |
| Front Handspring | | Full |
| Back walkover | | |
| Roundoff Back Handspring* | | |
| Standing Back Tuck | | |
| Roundoff Back Handspring Tuck | | |
| Roundoff Back Handspring Layout | | |
| Roundoff Back Handspring Full | | |

† Skill is required in order to exit Tumbling I.

* Skill is required in order to exit Tumbling II.

** In addition to gymnastics skills, athlete must show good classroom discipline, willingness to take and follow instructions, and good work ethic. An instructor may also base an advancement not only on present skills but on potential growth as well.

** This is a list of skills that will be covered during the course of the curriculum. As each teacher has the flexibility to go beyond this list, it is not comprehensive. There are also various methods of teaching used to cover each skill. If you have any questions, please feel free to ask or you may contact us by phone, (706) 563-1866