



CLASS PROGRESSION FORM

ATHLETE NAME _____

Fundamentals

- Forward Roll
- Candlestick
- Handstand Prep

Intermediate

- Standing Back Handspring
- Standing Back Handspring Series
- Round off Back Handspring
- Round off Back Handspring Series

Intro

- Handstand
- Backward & Forward Roll
- Cartwheel
- Bridge Up
- Backbend
- Backbend Kickover

Advanced

- Round off Back Handspring Tuck
- Standing Handspring Tuck
- Front Tuck
- Standing Tuck Prep

Beginner

- Standing Back Handspring Prep
- Front Limber
- Round Off
- Back Walkover
- Front Walkover

Elite

- Standing tuck
- Layouts
- Fulls
- Standing series to elite

Staff Name _____

Date _____