Tumbling

Spotting is physical assistance during a gymnastics skill. It should be a form of assistance, not something you rely on totally to guarantee safety. Do not attempt a skill with a student spotter unless you both have permission from your teacher to do so.

- Always communicate with your spotter so that you are both certain of what skill you are going to perform and what direction you will be moving.
- Be certain your spotter knows exactly when you are ready to begin.
- Be certain that your spotter is strong enough to spot a person of your size.

Personal Safety Check
- Be certain you have thorough understanding of how to perform the skill before doing it.
- Determine if you are in the proper physical condition to safely execute the skill. Do not attempt a skill beyond your physical ability.
- Be certain you understand the proper progressions.
- Warm up sufficiently.
- Follow the progressions outlined by your teacher and only after instruction has been given and understood.

Basic Body Positions Used in Gymnastics

L1

<table>
<thead>
<tr>
<th>a. Tuck</th>
<th>b. Pike</th>
<th>c. Lay-out</th>
</tr>
</thead>
<tbody>
<tr>
<td>d. Straddle</td>
<td>e. Plank</td>
<td>f. Stag</td>
</tr>
<tr>
<td>g. Lunge</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Vertical Balancing Skills

L1

<table>
<thead>
<tr>
<th>a. Front Scale</th>
<th>b. Back Scale</th>
<th>c. Arabesque</th>
</tr>
</thead>
<tbody>
<tr>
<td>d. Attitude Scale</td>
<td>e. Knee Scale</td>
<td>f. Side Scale</td>
</tr>
<tr>
<td>g. Needle Scale</td>
<td>h. Y Scale</td>
<td></td>
</tr>
</tbody>
</table>
V-Sit Variations (Open, Closed, Stag, & Abstract) L2

Tip-Up L2

Bridge L2
L-Hold Straddle L3
L-Hold Pike L3

Straddle Compression L1
Straddle Split L2

Correct vs. Incorrect Split Position L2

Viewed From Above

Squared Hips, Good!
Un-squared Hips, Keep Trying!
Tripod - Headstand L2/3

Handstand L3

Forward Roll L2

Backward Roll L3

Back Bend L3

Handstand to a Forward Roll L4

Back Walkover L4
Skill Test Requirements

5pts – 4 level 2/3 skills
1 level 1 skill
4pts – 3 level 2/3 skills
2 level 1 skills
3pts – 2 level 2/3 skills
3 level 1 skills
2pts – 1 level 2/3 skill
4 level 1 skills
1 pt – 5 level 1 skills