



# Tumbling Beginner Skill Tracking Booklet



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**Student Name**

**Once a skill is achieved at least 3 times without a spot, a star will be placed next to the skill to show that it has been completed.**

**Once all skills have a star, bring this booklet to the front desk so you may move up to the next level.**

**Remember that skills take time to learn and master, practice and repetition make perfect! Never give up!**



# Floor



**Forward Roll**



**Backward Roll**



**L-Kick**



**Cartwheel**



**Bridge (5 seconds)**



**Round Off**



**Candle Stick Roll-Up**



**Back Handspring (Barrel)**



# Trampoline



**Straight Jump**



**Tuck Jump**



**Straddle Jump**



**Pike Jump**



**Seat Drop**



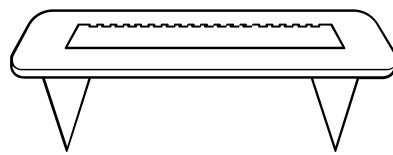
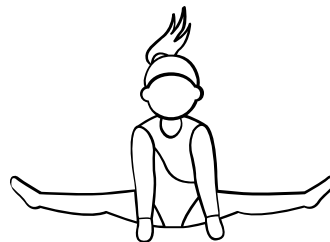
**Doggy Drop**



**Seat, Doggy, Belly (connected)**



**Seat Drop- Half Turn- Seat Drop**



# Strength/Flexibility

**5 Sit Ups**

**15 Second Plank**

**Candle Stick Roll Up to Jump**

**5 Bridge Rocks**

**10 Frog Jumps (Knees Together)**

**5 Second Hollow Hold**



# **Disclaimer:**

**This booklet is the gymnasts responsibility to take care of. It can not be held onto by ACE Gymnastics.**

**Gymnasts may bring the booklet to class to have their coach fill it out when skills are achieved, but must be taken home.**

**If you lose your booklet, you may print out a new one on our website for free or purchase a new one at the front desk.**