

THE VICTORS GYMNASTICS AND CHEERLEADING PROGRESSION SKILL REQUIREMENTS

CHEER TUMBLING CLASSES

Prerequisites for
progression to:

CHEER TUMBLING LEVEL 2	Able to perform proper hurdle and 3-step running round-off technique	Able to perform proper toe-touch jump technique with good height	Able to perform consistently proper standing back handspring technique without help	Able to perform consistently proper toe-touch, back handspring technique without help	Able to perform consistently proper round-off, back handspring technique without help
CHEER TUMBLING LEVEL 3	Able to perform proper hurdle, round-off, back handspring technique without help	Able to perform consistently proper 2 standing back handspring in series without help	Able to perform proper standing back tuck technique with help	Able to perform consistently proper round-off, 3 back handsprings in series without help	Able to perform proper round-off, back handspring, back tuck technique without help