



Loud & Proud Tumble Progression Card

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	IVE TRIED THIS	IM GETTING BETTER AT THIS	I CAN DO THIS
WEIGHT BEARING			
Bunny hops			
Side to side bunny hops			
Handstand bunny hops			

BODY POSITIONS			
Dish			
Front support			
Straddle			
Pike			
Splits Right/ Left			

ROLLS			
Forward roll to seat			
Forward roll to stand with hands			
Forward roll to stand without hands			
Forward roll to stand straddle			

HANDSTANDS			
Lunge and hold			
Half handstand			
Half handstand leg extended			
Wall handstand			
Handstand lunge to lunge			

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CARTWHEELS			
Side to side bunny hops			
Handstand straddle			
Cartwheel over box			
Lunge to lunge			

BRIDGE			
Bridge shape			
Bridge shape 1 leg off floor			
Bridge on wall			
Bridge feet on box			
Drop back to bridge			
Handstand to bridge 2 feet			

CONDITION			
Hip Lifts			
Press up pops			
Bridge rocks			
Bridge Kicks			
Front support			
Shoulder taps			