



Loud & Proud Tumble Progression Card

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	IVE TRIED THIS	IM GETTING BETTER AT THIS	I CAN DO THIS
HANDSTANDS			
Handstand			
Handstand hold 6 seconds			
Handstand walks 8			
Handstand pops			
Handstand split and hold			

BODY POSITIONS			
Front support			
Straddle fold			
Pike fold			
Splits Right/Left			

BRIDGE			
Hold bridge shape			
Bridge rocks			
Bridge pops			
Bridge leg lift			
Bridge kicks			
Walkovers			

HANDSPRINGS			
Press up pops			

Handstand pops			
Toe jumps			
Hip Lifts			

SOMERSAULT			
Candle stick rolls			
Candle stick rolls with tuck			
Fast Tucks			
Box jumps			