



# Loud & Proud Tumble Progression Card

	IVE TRIED THIS	IM GETTING BETTER AT THIS	I CAN DO THIS
<b>HANDSTANDS</b>			
Handstand			
Handstand hold 3 seconds			
Handstand walks 4			
Handstand pops			
Handstand split			
<b>BODY POSITIONS</b>			
Front support			
Straddle fold			
Pike fold			
Splits Right/Left			
<b>BRIDGE</b>			
Bridge shape			
Bridge shape 1 leg vertical			
Bridge on wall horizontal			
Bridge feet on box			
Drop back to bridge			
Hanstand to bridge 2 feet			
Handstand to bridge 1 foot			
Bridge Kick over			
Bridge Kicks			

WALKOVER			
Front Walkover lunge to lunge			
Back walkover			
Back walkover starting leg raised			
Valdez			
Series walkovers			

HANDSPRING			
Hip lifts			
Bridge rocks			
Bridge Pops			
Press up pops			
Handstand pops			