



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			

JUMPS			
Straight			
Tuck			
Star			

BODY POSITIONS			
Dish			
Front support			
Straddle			
Pike			

ROLLS			
Straight sausage roll			
Egg roll			
Forward roll to seat			
Forward roll to stand with hands			
Forward roll to stand without hands			

HANDSTANDS			
Lunge and hold			
Half handstand			
Half handstand leg extended			
Wall handstand			
Supported handstand			

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