



## Tumbling and Balancing

(Instructor Required)

1. List safety precautions each performer and spotter should follow.
2. Describe the basic positions:
  - a. Tuck
  - b. Pike
  - c. Lay-out
  - d. Hyper-extension (arch)
  - e. Squat
  - f. Straddle
  - g. Standing position (extension)
3. Perform the following individual stunts with form and poise:
  - a. Tuck forward roll from squat
  - b. Pike forward roll from standing position
  - c. Dive roll (length equal to one's height)
  - d. Tuck backward roll from squat
  - e. Backward roll from standing position
  - f. Straddle legged backward roll from extension
  - g. Swedish fall
  - h. Frogstand (knee-elbow stand)
  - i. Headstand from frogstand
  - j. Headstand
  - k. Handstand
  - l. Cartwheel
4. Perform with form and poise any six of the following stunts with a partner:
  - a. Chest stand
  - b. Thigh stand
  - c. Knee-shoulder balance
  - d. Front angel balance
  - e. Shoulder stand
  - f. Low knee support
  - g. Thigh balance
  - h. Front angel straddling waist

### **Skill Level 2**

**Original Honor 1976**

# **Tumbling and Balancing, Advanced**

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(Instructor Required)

1. Have the Tumbling and Balancing honor.
2. Perform the following individual tumbling stunts with form and poise:
  - a. Kip
  - b. One-handed Cartwheel (both ways)
  - c. Front handspring
  - d. Back handspring
  - e. Round off (must execute step in the approach)
3. Perform any four of the following individual tumbling stunts with form and poise.
  - a. Front somersault (sometimes called air spring or front flip)
  - b. Headspring
  - c. One-handed handspring
  - d. Aerial cartwheel
  - e. Tinserca
  - f. Front walkover
  - g. Back walkover
  - h. Aerial walkover
  - i. Baroni
  - j. Neckspring
  - k. Butterfly
4. Perform any three of the following balances with form and poise:
  - a. Press to handstand from headstand or frogstand.
  - b. One-handed handstand; alternate for girls: back walkover to headstand
  - c. Pirouette
  - d. Straight-armed planche (two arm); alternate for girls: control straddle down from handstand.
  - e. Bent arm planche (one arm); alternate for girls: three-second handstand and controlled roll out.
  - f. Yogi handstand
  - g. Straight arm-straight leg press to handstand; alternate for girls: straight arm-straddle leg press to handstand.
5. Perform any three of the following partner stunts and balances with form and poise:

<ol style="list-style-type: none"><li>a. Toe pitch (back flip)</li><li>b. Low arm to arm</li><li>c. High arm to arm</li></ol>	<ol style="list-style-type: none"><li>d. Low hand to hand</li><li>e. High hand to hand</li><li>f. Front angel balance on hands</li></ol>
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6. Perform any one of the following combination stunts with form and poise:
  - a. Round off/back handspring/backward somersault
  - b. Round off/two back handsprings
  - c. Borani/back handspring
  - d. Round off/backward somersault/back handspring
  - e. Tinserca/front somersault
  - f. Backward somersault/back handspring

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