

# TUMBLING

## ORANGE BAND SKILL SHEET

### FORWARDS

- Front Walkover
- Front Handspring to two
- Front Handspring to one
- Front Tuck

### TRAMP

- Barani
- Front Pike / Lay
- Back Tuck / Lay
- Back Handspring

### SIDEWAYS

- Aerial

Strengths

### BACKWARDS

- Back Walkover
- Back Extension

### POSITIONS

- Freestanding Handstand
- Straddle Hold
- Tuck Planche

### TO PIT

- Rudi
- Arabian
- Round off Tuck / Lay

Improvements

Grading requirements: 3 lines, covering a minimum of 4 Orange band skills  
two of the lines must be on floor. Demonstrating connection and control  
3 attempts per line maximum