

31M TUMBLING

One semester, 8:30 M.W.F.

The Tumbler's Manual by William R. Laport
and Al G. Renner

- A. Teaching Techniques
Short warm-up period
Use variations
Tumbling stunts as part of routine
Definite progression
Stimulate group activity
- B. Safety Techniques
1. Relating to the performer
2. Relating to the instructor
3. Relating to the equipment
- C. The Roll Progression
Forward Roll
Shoulder roll
Dive
Side roll
Backward roll
Double roll
- D. The Inverted Balance Progression
Squat hand balance
Head and hand balance
Forearm balance
Hand balance
Hand balance pull over
Snap down
Backward roll to hand balance
Chest roll
Jump through
Cartwheel
- E. The Handspring Progression
Neckspring
Headspring
Bent-arm handspring
Straight-arm handspring
Neck-lift front handspring