



*Beginner Tumbling*  
**Evaluation Booklet**



**Gymnast Name:** \_\_\_\_\_

# How it works

- Each skill must be completed 3 times.
- Once completed your coach will initial by the skill along with the date.
- Once all skills in booklet are completed you advance to Intermediate Classes.
- In order to switch classes a parent must take the signed booklet to the office , select new class and complete class transfer form.

# My personal goals

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



Gymnast has been promoted to Intermediate Classes.

---

Coach Signature

---

Date

\*take signed booklet to office to schedule your class transfer





# Evaluation Skill Booklet

## Beginner Tumbling

### Strength & Conditioning Skill

- 5- one leg squats (with each leg)
- 10- two leg jump ups to panel mat (in a row)
- 10- leg lifts tuck (2 sets, all the way to chin)
- 10- leg lifts pike (2 sets, at least 90°)
- Hollow hold on back (20 sec)
- Hollow hold face down (20 sec)
- 5 push-ups
- 3 pull-ups on high bar (chin over bar)
- Rope
- 30 sit ups (hold legs down)



**Completed**

**Date**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

### Tumble Track Skill

- Straight jumps (all the way down)
- Tuck jumps (all the way down)
- Straddle jumps (legs at 120°, all the way down)

**Completed**

**Date**

_____	_____
_____	_____
_____	_____

# Evaluation Skill Booklet

## Beginner Tumbling



### Tumble Track (cont.)

- Pike jumps (legs at 45°, all the way down)
- Right leg split jumps (legs at 120°, all the way down)
- Left leg split jumps (legs at 120°, all the way down)
- Jump, 1/2 turn, freeze
- Jump, full turn, freeze
- Forward ping pong (hollow position 10x)
- Backward ping pong (hollow position 10x)
- Handstand (lunge, handstand, lunge)
- Cartwheels (consecutive, all the way down)
- Round off
- Round off rebound
- Standing back handspring
- Round off back handspring
- Front handspring
- Front tuck into pit
- Front tuck on tumble track (can land on mat)
- Standing back tuck on tumble track  
(or off track onto mat) w/ light spot

**Completed**

**Date**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



4658 L. B. McLeod Road  
Orlando, Fl 32811  
(407)246-1200  
[www.metrogyms.com](http://www.metrogyms.com)

*Thank you for choosing Orlando Metro Gymnastics!*