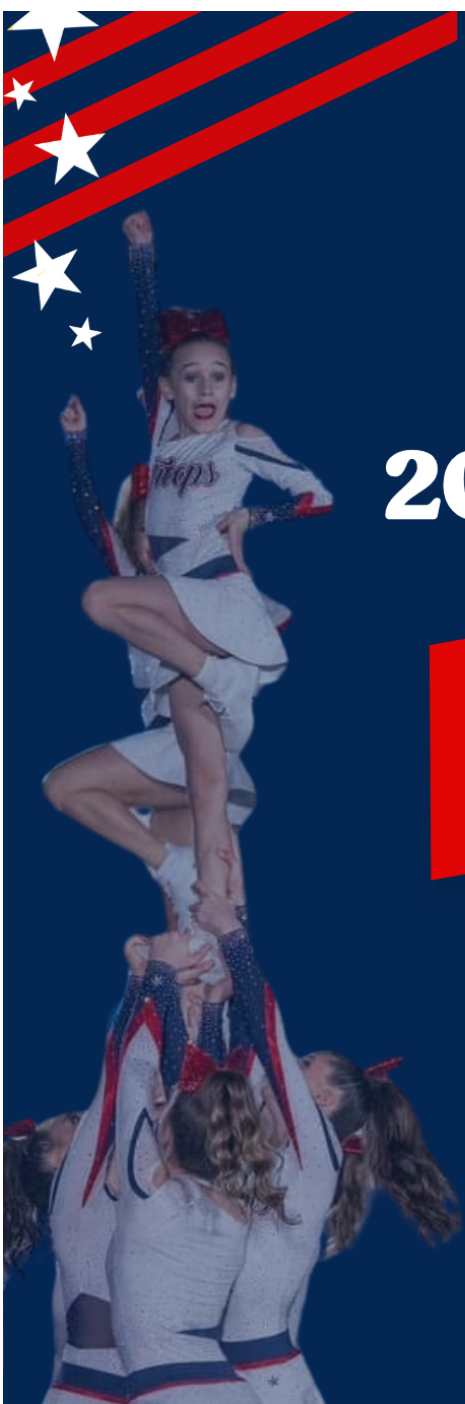


★ ARKANSAS CHEER ★  
**ACADEMY**

EST. 2012

**2025-2026**

**Elite Team  
TUMBLING  
SKILLS**





# ARKANSAS CHEER ACADEMY

## Level 1 Standing Tumbling

### Level Appropriate

- Forward roll
- Straddle roll
- Backward roll
- Handstand
- Handstand forward roll
- Backbend kickover
- Front limber/back limber
- Back walkover
- 1 arm back walkover
- Back extension roll

\*Skills listed in RED are priority skills commonly utilized in routine setting

### ELITE Level Appropriate

**Standing Elite includes two or more connected level appropriate skills. Some examples include:**

- 2 back walkovers
- Back walkover - Switch leg back walkover
- Valdez - Back walkover
- 2 forward rolls
- 2 backward rolls
- Back extension roll - Back walkover

**The following single skill elements are also elite skills:**

- Switch leg back walkover
- Valdez



# ARKANSAS CHEER ACADEMY

## Level 1 Running Tumbling

### Level Appropriate

- Cartwheel
- Round off
- Front walkover
- Cartwheel - Back walkover
- Front walkover - cartwheel
- Front walkover - round off

### ELITE Level Appropriate

**Running Elite includes three or more connected level appropriate skills. Some examples include:**

- Cartwheel - 2 Back walkovers
- Front walkover - Cartwheel - Back walkover
- Front walkover - Cartwheel - Switch leg back walkover
- 3 Cartwheels
- 2 Cartwheels - Round off
- 2 Cartwheels - Back walkover

\*Skills listed in RED are priority skills commonly utilized in routine setting



# ARKANSAS CHEER ACADEMY

## Level 2 Standing Tumbling

### Level Appropriate

- Back handspring
- Back handspring step out

### ELITE Level Appropriate

**Standing Elite includes two or more connected skills, including at least one level appropriate skill. Some examples include:**

- Back walkover - Back handspring step out - Back walkover
- Back handspring step out - Back walkover - Back handspring
- Back walkover - Back handspring step out
- Switch leg back walkover - Back handspring/step out
- Valdez - Back handspring/step out
- Back extension roll - Back handspring/step out

**\*Skills listed in RED are priority skills commonly utilized in routine setting**



# ARKANSAS CHEER ACADEMY

## Level 2 Running Tumbling

### Level Appropriate

- Round off - Back handspring
- Round off - Back handspring step out
- Cartwheel - Back handspring
- Front handspring

\*Skills listed in RED are priority skills commonly utilized in routine setting

### ELITE Level Appropriate

**Running Elite includes three or more connected skills, including at least one level appropriate skill. Some examples include:**

- Round off - 2 Back handsprings/step out
- Front walkover - Round off - Back handspring/2 back handsprings
- Front walkover - Cartwheel - Back handspring/step out
- Round off - Back handspring - Rebound - Round off - Back handspring

**The following elements are also elite skills:**

- Flyspring/Bounder



# ARKANSAS CHEER ACADEMY

## Level 3 Standing Tumbling

### Level Appropriate

- 2 Back handsprings
- Jump - Back handspring
- Back walkover - 2 Back handsprings
- Back handspring step out - Back walkover - 2 Back handsprings

### ELITE Level Appropriate

**Standing Elite includes three or more connected skills, including at least two level appropriate skill connections. Some examples include:**

- 3 Back handsprings (also could end with a step out)
- Back handspring step out - 2 Back handsprings
- Jump - 2 Back handsprings
- Jump - Back handspring - Jump - Back handspring
- Back handspring - Jump - Back handspring

\*Skills listed in RED are priority skills commonly utilized in routine setting



# ARKANSAS CHEER ACADEMY

## Level 3 Running Tumbling

### Level Appropriate

- Punch front
- Round off - Back tuck
- Aerial

\*Skills listed in RED are priority skills commonly utilized in routine setting

### ELITE Level Appropriate

Running Elite includes any two connected level appropriate skills OR any level appropriate skill connected by a lower level running tumbling skill. Some examples include:

- Round off - Back handspring - Back tuck
- Round off - 2 Back handsprings - Back tuck
- Front walkover - Round off - 1 or 2 Back handspring(s) - Back tuck
- Front walkover - Aerial
- Aerial - through to Back Tuck
- Punch front - through to Back Tuck
- Round off - Back handspring step out - 1/2 turn - Round off - Back handspring - Back tuck
- Flyspring - Round off - Back handspring - Back tuck
- Front handspring - Punch front



# ARKANSAS CHEER ACADEMY

## Level 4 Standing Tumbling

### Level Appropriate

- 2 Back handsprings -  
Back tuck

### ELITE Level Appropriate

- Back tuck
- Back handspring - Back tuck
- Jump - 1 or 2 Back handspring(s) - Back tuck
- Back walkover - Back tuck
- Valdez - Back tuck
- Back handspring step out - Back tuck
- Jump - Back handspring step out - Back tuck
- Back extension roll - Back tuck

\*Skills listed in RED are priority skills  
commonly utilized in routine setting





# ARKANSAS CHEER ACADEMY

## Level 4 Running Tumbling

### Level Appropriate

- Cartwheel - Back tuck
- Round off - Layout
- Punch front step out - Round off - Back handspring - Back tuck
- Aerial - Back tuck
- Front handspring - Punch front
- Round off - Onodi - through to Back tuck

### ELITE Level Appropriate

**Running Elite includes two level appropriate skills executed within one pass. Some examples include:**

- Round off - Back handspring - Layout
- Front walkover - Round off - Back handspring - Layout
- Round off - Back handspring - Whip - Back handspring - Layout
- Punch front step out - Round off - Back handspring - Layout
- Round off - Whip - Tuck
- Round off - Whip - Back handspring - Layout
- Round off - Whip - Layout

**\*Skills listed in RED are priority skills commonly utilized in routine setting**



# ARKANSAS CHEER ACADEMY

## REC TEAM SKILLS

- NO REQUIREMENT OR EXPERIENCE NECESSARY