

# Progression for Tumbling and Balance

Basic Tumbling Progression	Basic Balance Progression
<p>Rock -n- Roll</p> <p>Rolls</p> <ul style="list-style-type: none"> <li>Log</li> <li>Egg</li> <li>Tuck</li> </ul> <p>Forward</p> <p>Backward</p> <p>Straddle</p> <p>Forward</p> <p>Backward</p> <p>Pike</p> <p>Forward</p> <p>Backward</p> <p>Dive</p> <p>Back Extension</p> <p>Cartwheel</p> <ul style="list-style-type: none"> <li>Two arms</li> <li>One arm</li> </ul> <p>Round-off</p> <p>Front Limber</p> <p>Walkover</p> <ul style="list-style-type: none"> <li>Front</li> <li>Back</li> </ul> <p>Tinsica</p> <p>Handspring</p> <ul style="list-style-type: none"> <li>Front</li> <li>Back</li> </ul> <p>Aerial Cartwheel</p>	<p>Upright - Low Level Balances</p> <ul style="list-style-type: none"> <li>Table Top (Crab)</li> <li>Knee Scale</li> <li>V Sit</li> <li>Scale</li> </ul> <p>Inverted Balances</p> <ul style="list-style-type: none"> <li>Back Bend (Bridge)</li> <li>Candlestick (Shoulder stand)</li> <li>Tripod</li> <li>Frog Stand (Tip Up)</li> <li>Head Stand</li> <li>Handstand</li> </ul>