

Grace Place Acro/Tumbling Skill Sheet...2021-2022

Tumbling Turquoise	Rising Rubies	Sapphire Stars	Elite Emeralds
Entry Level Skills	Entry Level Skills	Entry Level Skills	Entry Level Skills
None Required	<ul style="list-style-type: none"> • Forward & Backward Shoulder Rolls • “L” & Half Handstand • Cartwheel • Backbend • Half Spider Crawl • Basic Jumps [Tuck, Split, Straddle, Jump Full-Turn] 	<ul style="list-style-type: none"> • Chasse’ Cartwheel • Spider-crawls • Round-off • Full Handstand Hold without Mat • Front or Back Walkovers 	<ul style="list-style-type: none"> • Front & Back Walkovers [Standing, Blocking & Switch] • Head-springs • Handstand Work [Walking, Holds, Straddle-up, Blocking] • Intermediate Contortion & Flexibility • Pre-flight Entries & Exits [with demonstration of Flight Readiness] -and/or- • Advance Contortion & Flexibility: Leg-holds, Battements, Arch Backs, Ankle Bridge, Folded Bridge, Layouts, Chin-stand Rolls, Elbow Stand, Rolling Chin-stand • Demonstration of Refined Technique [straight legs, pointed toes, etc.]
Target Skills	Target Skills	Target Skills	Target Skills
<ul style="list-style-type: none"> • Forward & Backward Bear Crawls • Forward & Backward Bunny Hops • Bridge with Straight Arms • Seal Stretch with Head-tap • Candle Stick • Proper Entry & Exit of Skills 	<ul style="list-style-type: none"> • Power-hurdle & Two-step Hurdle • Full Handstand Hold at Mat • Snap Downs • Kickover • Chin-stand Prep 	<ul style="list-style-type: none"> • Front & Back Walkovers • Blocking Cartwheel • Handstand Forward Roll • Kip-up • Shoulder Freezes • Intermediate Contortion & Flexibility: Leg-holds, Battements, Standing Belly-rolls, Chin-stand-ups, Elbow Bridge 	<ul style="list-style-type: none"> • Advance Contortion & Flexibility • Side Aerial • Front Aerial • Front Handspring • Back Handspring [Two-foot & Step-out] • Front Toss • Front Tuck • Back Tuck • Tinsicas [Kneeling & Standing] • Shushunova [Tuck & Straddle] • Press-handstand • Back-extension Rolls
Demonstrated Mastery of Skills	Demonstrated Mastery of Skills	Demonstrated Mastery of Skills	Demonstrated Mastery of Skills

<ul style="list-style-type: none"> • Forward & Backward Shoulder Rolls • “L” & Half Handstand • Cartwheel • Backbend • Half Spider Crawl • Basic Jumps [Tuck, Split, Straddle, Jump Full-Turn] 	<ul style="list-style-type: none"> • Chasse’ Cartwheel • Spider-crawls • Round-off • Full Handstand Hold without Mat • Front or Back Walkovers 	<ul style="list-style-type: none"> • Front & Back Walkovers [Standing, Blocking & Switch] • Head-springs • Handstand Work [Walking, Holds, Straddle-up, Blocking] • Intermediate Contortion & Flexibility • Pre-flight Entries & Exits [with demonstration of Flight Readiness] -and/or- • Advance Contortion & Flexibility: Leg-holds, Battements, Arch Backs, Ankle Bridge, Folded Bridge, Layouts, Chin-stand Rolls, Elbow Stand, Rolling Chin-stand • Demonstration of Refined Technique [straight legs, pointed toes, etc.] 	
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The Process: Grace Place provides individuals interested in learning Acro/Tumbling several options. GP offers classes to children ages 3 and up. Each class offered will give the individual the opportunity to learn new skills and to grow from his/her entry level. Determination of which class is the best fit for each student will be based on the demonstration of his/her entry level skills. As the student takes class, he/she will be able to work on learning and developing the target skills designated for his/her class. Once proficiency of target skills is achieved, the next step will be to work on mastery of skills. When a student is able to demonstrate the mastery of skills outlined for his/her class; he/she may request to be re-evaluated. If the student demonstrates mastery and readiness to advance to the next level, he/she will be invited to join that class.

The chart above has been provided as a rubric to be used for the determination of class assignment, as well as, a tool for the student to use when setting and working toward his/her goals. Whether the student is at the beginner level or is demonstrating the readiness to achieve elite level skills, he/she has the opportunity to learn and to grow. The art of acro/tumbling is developed through a process. The journey toward accomplishment of personal goals is sometimes one that requires time, endurance and commitment to the process, but the rewards of patience and hard work are great...Onward & Upward!

Hold the vision and trust the process....The day you plant the seed is not the day you eat the fruit.