**JCC Tumbling Homework**

**Warm Up**
- Splits (left, right, straddle, pancake)
- Butterfly
- Table Position
- Rolls (tuck, pike, straddle)
- Pike

**Floor**
- Monkey Jump
- Cartwheel
- Donkey Kick
- Spider (against wall)
- Walk Backwards
- Tip Toe Walk
- Sideways Walk
- Bear walk
- Crab walk
- Gallop
- Leaping
- Run
- Frog Jumps
- Bunny Hops
- Jump ½ turn
- V-sit
- Passé (Flamingo)
- Knee Scale (puppy dog tail)
- Safety roll
- Forward roll
- Log roll

**Balance Beam** (Use tape on floor as straight line)
- Backwards Walk
- Tip Toe Walk
- Sideways Walk
- Run
- Jump ½ turn
- V-sit
- Knee Scale (puppy dog tail)
- Passé (Flamingo)
- Tuck/Squat
- Forward Kicks
- Leg Lifts
- Dip Kicks (Ice scream scoop)

**Body Positions** (Attention, Straight Body, arch, hollow, tuck/squat, straddle, lunge, pike, salute, stick and finish)