



## **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 cream scoop)

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