



Texas Allstar Cheer

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★ Faith
★ Will
★ Get
★ You
★ Through

Tumbling Progressions

	<u><i>Beginner</i></u>	<u><i>Intermediate</i></u>	<u><i>Advanced</i></u>
Level 1	<input type="checkbox"/> Forward Roll <input type="checkbox"/> Backward Roll <input type="checkbox"/> Cartwheel(CW) <input type="checkbox"/> Round Off(RO)	<input type="checkbox"/> Jumps to Forward Roll <input type="checkbox"/> Jumps to Backward Roll <input type="checkbox"/> Bridge Kickover <input type="checkbox"/> Back Walkover(BWO)	<input type="checkbox"/> Front Walkover(FWO) <input type="checkbox"/> Back Walkover Series <input type="checkbox"/> Speciality Series <input type="checkbox"/> Switch Leg BWO
Level 2	<input type="checkbox"/> Standing BHS <input type="checkbox"/> Jump Pause BHS <input type="checkbox"/> Round Off BHS <input type="checkbox"/> Front Handspring	<input type="checkbox"/> BHS Pause BHS <input type="checkbox"/> BWO BHS <input type="checkbox"/> RO BH Series <input type="checkbox"/> Front Bounder	<input type="checkbox"/> FWO RO BHS Series <input type="checkbox"/> Speciality Series <input type="checkbox"/> Front Bounder Step-Out <input type="checkbox"/> FHS Front Bounder
Level 3	<input type="checkbox"/> Standing 2 BHS <input type="checkbox"/> Jumps to BHS <input type="checkbox"/> Round Off Tuck <input type="checkbox"/> RO BHS Tuck	<input type="checkbox"/> Standing 3 BHS <input type="checkbox"/> 2 Jumps to 2 BHS <input type="checkbox"/> FWO RO BHS Tuck <input type="checkbox"/> Aerial <input type="checkbox"/> Punch Front(PF)	<input type="checkbox"/> Jump BHS Jump BHS <input type="checkbox"/> Jump BHS SO RO-Tuck <input type="checkbox"/> FWO RO BHS Tuck <input type="checkbox"/> Aerial or Punch Front through to Tuck
Level 4	<input type="checkbox"/> Standing Tuck <input type="checkbox"/> Standing BHS Tuck <input type="checkbox"/> Jump to BHS Tuck <input type="checkbox"/> RO BHS Layout	<input type="checkbox"/> BWO BHS Tuck <input type="checkbox"/> Standing 2 BHS Tuck <input type="checkbox"/> FWO RO BHS Layout <input type="checkbox"/> Cartwheel Tuck <input type="checkbox"/> Front Aerial	<input type="checkbox"/> PF RO BHS Layout <input type="checkbox"/> FHS front through <input type="checkbox"/> RO BHS Whip BHS combo <input type="checkbox"/> RO BHS Whip Tuck/Layout <input type="checkbox"/> RO BHS Tuck BHS Tuck
Level 5	<input type="checkbox"/> Jumps to Tuck <input type="checkbox"/> RO BHS Full <input type="checkbox"/> FWO RO BHS Full <input type="checkbox"/> Standing 2 BHS layout	<input type="checkbox"/> Standing Whip pass to Tuck/layout <input type="checkbox"/> FWO RO BHS Full <input type="checkbox"/> RO Whip BHS Full	<input type="checkbox"/> PF to BHS Full <input type="checkbox"/> Punch Back <input type="checkbox"/> RO BHS Whip Full <input type="checkbox"/> Speciality Pass to Full

Please place a check in the boxes of skills you can **CURRENTLY COMPETE** safely, consistently, with good technique, and **WITHOUT A SPOTTER**.