

**SACO VALLEY GYMNASTICS  
TRAINING CENTER  
Tumble Bugs All Me! 2**

# ★ Star Achievement Program ★

**Mini Team or  
Gymnastics 1**

Trust

Honesty

Friendship

Respect

BARS	
	Pullover (with or without assist)
	Hallow Shape Hold
	Hang Under Grip
	Shimmy Unassisted
	Leg Lift
	Low Bar "mad cat" shape
	Wall Assisted Pullover
	Chin Up/ L / Place beanbag on mat
	Chin Ups / Kiss The Frog
	Belly Button Push Ups
	Front Support, Safety Roll Down to Hang
	Jump, Front Support

BEAM	
	Little Leaps (low beam)
	Straight Jump
	Lunge Position
	Straddle Jump Dismount
	Floor beam pike to tuck stand
	Low Beam Bear Walks
	Correct Medium Beam Mount (with mats)
	Levers (Low Beam)
	Forward Swing Kicks
	Position 2 (passe hold)
	Position 1 (arabesque)
	Releve Walks

TUMBLING	
	Cartwheel
	Split Jump
	Lunge, handstand against Wall
	Handstand Belly Against Wall
	Backwards Roll Down Wedge
	Backwards Roll Off Mat
	Carthweel Over Hoop
	Forward Roll Tuck Jump
	Forward Roll with Bean Bag Between
	Candlestick Hold
	Forward Roll Down Wedge
	Motor Skills Hops, Skps, Chasse

TRAMP	
	Seat Drop (With Air Bounce)
	Cartwheel Over Bumps
	Combo Jumps Memory
	Up, down, up, down etc with feet together
	Jump forward, bounce back
	Tornado Jump (180/180)
	Split Jump (45)
	Straddle Jump (45)
	Tuck Jumps Feet Together
	Super Straight Jumps!

**Tumble Bugs  
All Me! 2**