

TUMBLING STUDY GUIDE

Tumbling skills are those that are performed on a mat without additional apparatus. Some require flexibility and strength while others require power and balance. Performing tumbling skills require kinesthetic awareness, which is knowing where your body is in space. Some of the values of performing tumbling skills are:

- Increased strength, especially in the upper body
- Increased flexibility which increases range of motion through the joints
- Developing a better sense of balance
- Developing muscular coordination
- Increased development in kinesthetic awareness
- Provides exercising all parts of the body
- Provides conditioning for other sports
- Builds a strong, good looking body
- Students can excel, regardless of size
- Increased confidence in yourself
- Encourages attention to safety
- Provides activity that is fun and challenging at all levels

These basic positions are used in tumbling:



All tumbling skills should be performed with control, good form and extension. Our tumbling skills are broken down into eight categories. They are: Lead up Skills, Head Balances, Rolls, Combination Rolls, Hand Balances, Cartwheel Skills, Flexibility Skills and Springing and Flipping Skills. This is an individual activity and students are encouraged to try only those skills within their own ability level. **It is critical to have spotters or helpers to assist at all times to ensure safety to the tumbler.**

TUMBLING TERMS:

Prone – lying on the stomach

Tripod – a position where both hands and head form a triangular base of support.

Round-Off – a tumbling skill that changes the direction for the tumbler.

Lead Up Skills include: log roll, side roll, roll over, inch worm, front fall, egg roll, knee jump, 10 push ups

... AND CIRCUS ARTS

The following list of activities support the values and benefits of tumbling, balance, general coordination and hand-eye coordination as well as flexibility and strength will continue to be challenged.

ROPE CLIMB: develops muscular strength and endurance

- Climbing should be done **hand over hand**, using a scissors grip with the legs.
- When you climb as high as you can, you are only one half done. The other half of the climb is coming down.
- When descending the rope, brake with the legs, using the scissors grip. The hands move **hand under hand**, until you are at the bottom of the rope.
- The *EAGLE* climb is done with the hands only. The legs may not assist in the climb.
- Sliding on the rope can be very dangerous; rope burns can result.
- Students may opt to wear sweatpants and gym shoes to climb to protect the skin.



JUGGLING: develops better hand eye coordination and concentration

- This is a brain activity that promotes cross lateral movement.
- Basic juggling pattern, that of a “Figure 8”, requires the ability to toss and catch using both hands. Have patience and stick with it.
- A progression from two ball to three ball juggling will be practiced.
- Beginners may opt to start with scarves to control speed of juggling.



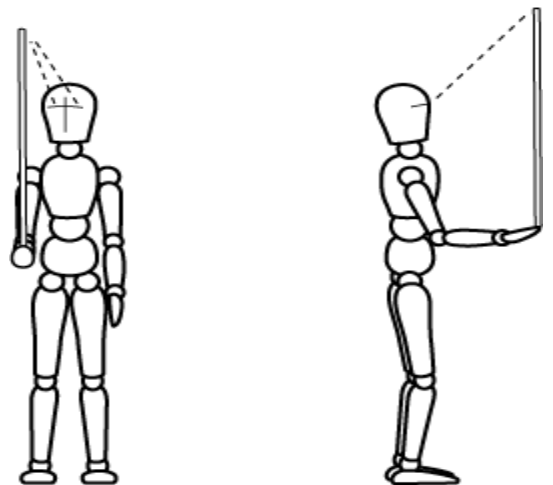
BALANCE BOARD: develops a better sense of balance.

- Always keep balance board on the rug provided and wear gym shoes for safety.
- Beginners may use spotters, the wall or bleachers to ensure safety.
- Starting with wheel under the high end of the board allows for gradual balance to be obtained.
- Focus by looking forward and keeping your head up. This will help you balance longer.
- Keeping knees slightly bent may help you balance better as well.
- Incorporating skills mastered at other stations can be performed on the board.



STICK TRICKS: develops balance and general coordination using a 3' plastic wand

- Stick tricks begin at the most basic level and progress to various ways to balance it.
- Some students may advance to balancing the wand while moving with it.
- Focusing on the top of the stick or wand is the key to balancing it longer.
- This is an extremely safe coordination challenge.



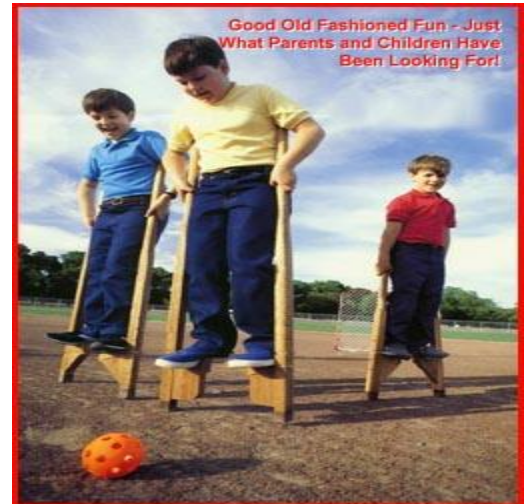
LUNA STIX: develops hand eye coordination

- Two control sticks and a baton with tassels make a set of luna stix.
- Holding control sticks at the end about one foot apart allows for a larger catching surface and will give you the best chance to catch the tossed baton.
- Tossing and catching the baton as well as flipping the baton are encouraged.
- Transferring the baton from one control stick to the other requires proper positioning, timing and patience.



STILTS: develops a better sense of balance

- Learning how to mount and dismount the stilts must be established first.
- Begin by leaning the stilts against a wall and standing in front of them
- Grab stilts with hands keeping arms in front of the stilt
- Step up onto foot pads and straighten legs then slowly push off the wall.
- Lift stilt and foot at same time to begin walking.
- Traveling and other locomotor patterns can be tried on the stilts as well.



HULA HOOP: improves core strength and develops general coordination.

- Some Hula Hoop skills require jumping with it, over it or through it.
- Waist, neck and knee circles require coordination and timing.
- To do waist circles, begin by doing hip circles to keep the hoop up.



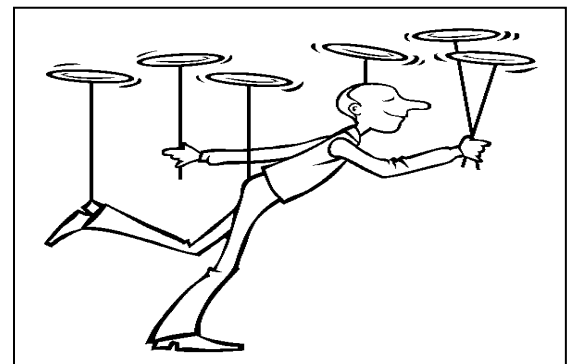
DIABLO: improves hand eye coordination.

- Students will try to get the diabolo spinning then perform tossing and catching tricks.
- The diabolo functions somewhat like a Yo-Yo except the string and the spinning piece are separate.
- Be patient as you begin to learn how to use the Diablo.
- Always store Diablo with untangled string.



SPINNING PLATES: develops general coordination and hand-eye coordination.

- Patience is required, as you will learn to spin the plate on a vertically held control stick.
- The faster the plate spins, the easier it is to control and more can be achieved .
- Students will manipulate the spinning plate as well as learn how to toss and catch it.



BALANCE BEAM: develops a better sense of balance

- Use good posture when moving along the beam.
- Keep shoulders over hips and both over the beam.
- Keep head up focusing at the end of the beam.
- Never look down or at your feet when moving along the beam.
- Move slowly and with control.
- Practicing on a line on the floor prepares you for the beam.



BOSU BALL BALANCES: develops a better sense of balance and develops core strength.

- The bosu ball can be used on the round or flat side.
- Use a spotter if necessary as you begin to challenge your balance.
- Tighten your core as you mount the bosu ball.
- Mount slowly, focus and concentrate.
- Hold arms out to the sides to evenly distribute your weight over the ball.

