



Dear Parent

Omega's curriculum is based on the progressions suggested by the USA and the AmeriKiDS age group programs and ensures continuity with gym programs across the nation. Our Gymnasts must master the skills listed with an asterisk(*) in order to advance to the next level. Instructors perform constant evaluation of their gymnasts, and will advance them to the next level as soon as they observe satisfactory completion of a skill no fewer than three (3) times in a row without falter.

BEGINNER TUMBLING

<u>ROD FLOOR</u>	<u>TUMBLE TRACK</u>	<u>TRAMPOLINE</u>	<u>DOUBLE-MINI</u>
<ul style="list-style-type: none"> • Forward roll • Forward straddle roll • Backward roll* • Backward pike roll • Cartwheel-good side* • Bridge down * • Bridge down kick over* • Bridge kick over-wedge • Handstand with lunge* • Round-off* • Back handspring drills 	<ul style="list-style-type: none"> • Tuck jump • Straddle jump • Pike jump • Jump half turn • Jump full turn • Dive roll* • Round-off* • Round-off technique 	<ul style="list-style-type: none"> • Basic tramp jump • Tuck jump • Straddle jump • Pike jump • Jump half turn • Jump full turn* • Seat drop* • Doggie/Table drop* 	<ul style="list-style-type: none"> • 2 or 3 jump concept • Straight jump • Tuck jump • Straddle jump • Pike jump • Jump half turn • Proper stick technique • Combo. two jumps*

ADVANCE BEGINNER TUMBLING

<u>ROD FLOOR</u>	<u>TUMBLE TRACK</u>	<u>TRAMPOLINE</u>	<u>DOUBLE-MINI</u>
<ul style="list-style-type: none"> • Handstand forward roll • Back extension* • Back walkover • Round-off with hurdle • Back handspring-wedge • Back handspring-stand • R/o BHS-spotted • R/o BHS-no spot • Front Handspring* • FHS-off a panel mat • R/o 2 back handsprings* 	<ul style="list-style-type: none"> • Dive roll* • R/o with hurdle • BHS-on resi mat • BHS-on tramp bed* • R/o BHS-spotted • R/o BHS-no spot • Front handspring • Front tuck-spotted 	<ul style="list-style-type: none"> • Swivel hip* • Chest drop-from table • chest drop • Back drop-using wedge • Back drop • Back drop pull-over* • Back handspring* • Front tuck-spotted • Back tuck-spotted 	<ul style="list-style-type: none"> • Full turn • Straight-half-straight • Front tuck-spotted • Front tuck-no spot* • Back tuck-spotted*

INTERMEDIATE TUMBLING

<u>ROD FLOOR</u>	<u>TUMBLE TRACK</u>	<u>TRAMPOLINE</u>	<u>DOUBLE-MINI</u>
<ul style="list-style-type: none"> • Round-off two BHS • Round-off three BHS • FHS step out-FHS • FHS-Fly spring • Front tuck or pike • Front layout • FHS-Front tuck • Front-Front • Back tuck or pike • Back layout 	<ul style="list-style-type: none"> • Round-off two BHS • Round-off three BHS • FHS step out-FHS • FHS-Fly spring • Front tuck or pike • Front layout • FHS-Front tuck • Front-Front • Back tuck or pike • Back layout 	<ul style="list-style-type: none"> • Front tuck or pike • Front layout • Back tuck or pike • Back layout • Back layout half • Barani • Combination two flips 	<ul style="list-style-type: none"> • Front layout • Front layout half twist • Back tuck or pike • Back layout • Straight-half-back tuck • Front-straight jump • Barani • Combination two flips

Key R/o=Round-off

BHS=Back handspring

FHS=Front handspring