

# Leap Frog (Advanced)

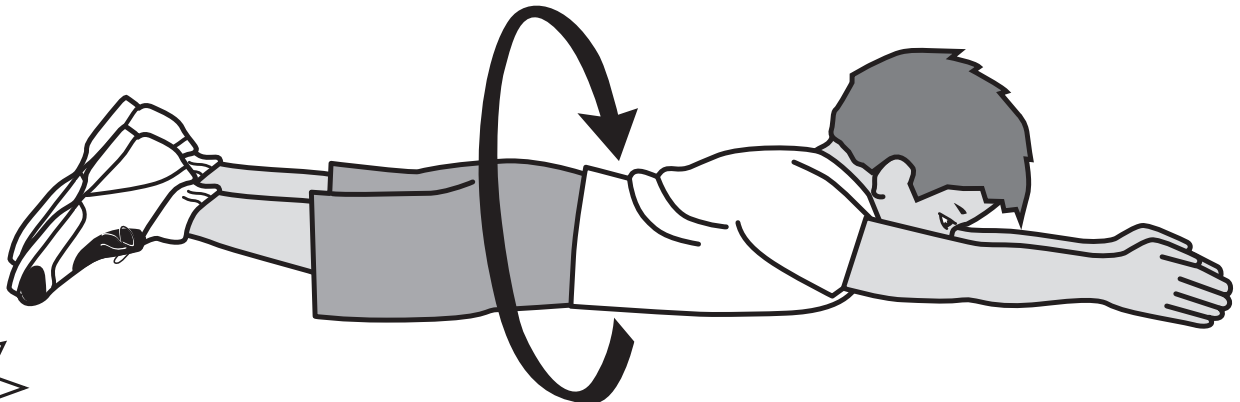
- ★ Kneeling Partner — Kneel with hands on the ground and chin tucked to chest.
- ★ Jumping Partner — Stand behind Kneeler, place hands on their shoulders and push off to straddle jump over their back. Land, and then switch roles.
- ★ Continue across the area, then switch roles.



**BALANCE, STUNTS, AND TUMBLING**  
**PARTNER COUNTERBALANCES AND STUNTS**

# Log Roll

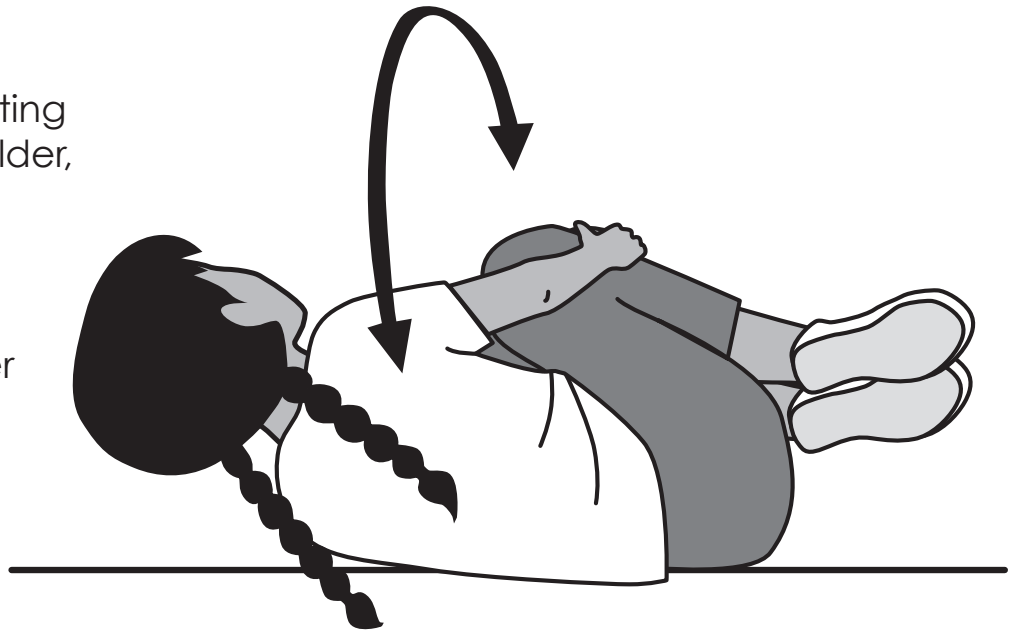
- ★ Lie on your front, legs straight and together, arms together and overhead.
- ★ Roll over onto your back and continue until you are on your front again.
- ★ Keep your body straight.
- ★ Try the other direction.



**BALANCE, STUNTS, AND TUMBLING**  
**ROLLS**

# Egg Roll

- ★ Sit in a Tuck Sit Position.
- ★ Roll to one side contacting the floor with your shoulder, hip, and back.
- ★ Continue until you are back on our knees.
- ★ Can you roll in the other direction?

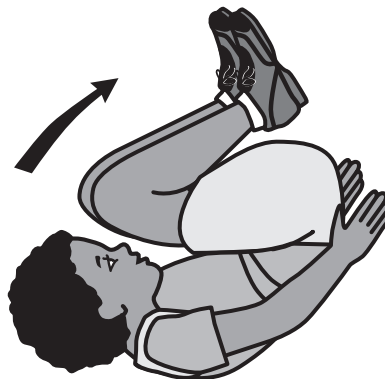


**BALANCE, STUNTS, AND TUMBLING**

**ROLLS**

# Forward Roll to Sit

- ★ Squat with your hands flat on the floor in front of your shoulders.
- ★ Tuck your chin to your chest (super-glue it there), lean forward, push hard with your legs and roll forward.
- ★ Stay in a tucked position throughout the roll, and finish in a sitting position with legs straight out in front.

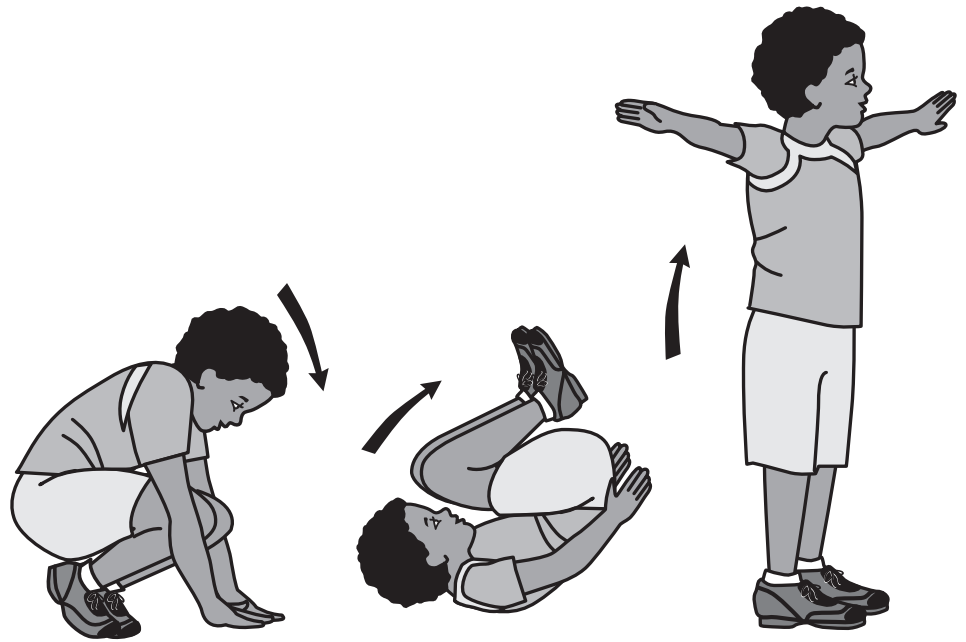


**BALANCE, STUNTS, AND TUMBLING**

**ROLLS**

# Forward Roll to T-Stand

- ★ Stand tall, then squat with your hands flat on floor in front of your shoulders.
- ★ Tuck your chin to your chest (super-glue it there), lean forward, and push hard with your legs.
- ★ Stay in a tucked position throughout the roll.
- ★ Push off the floor with your hands and stand up to finish in a T-Stand.

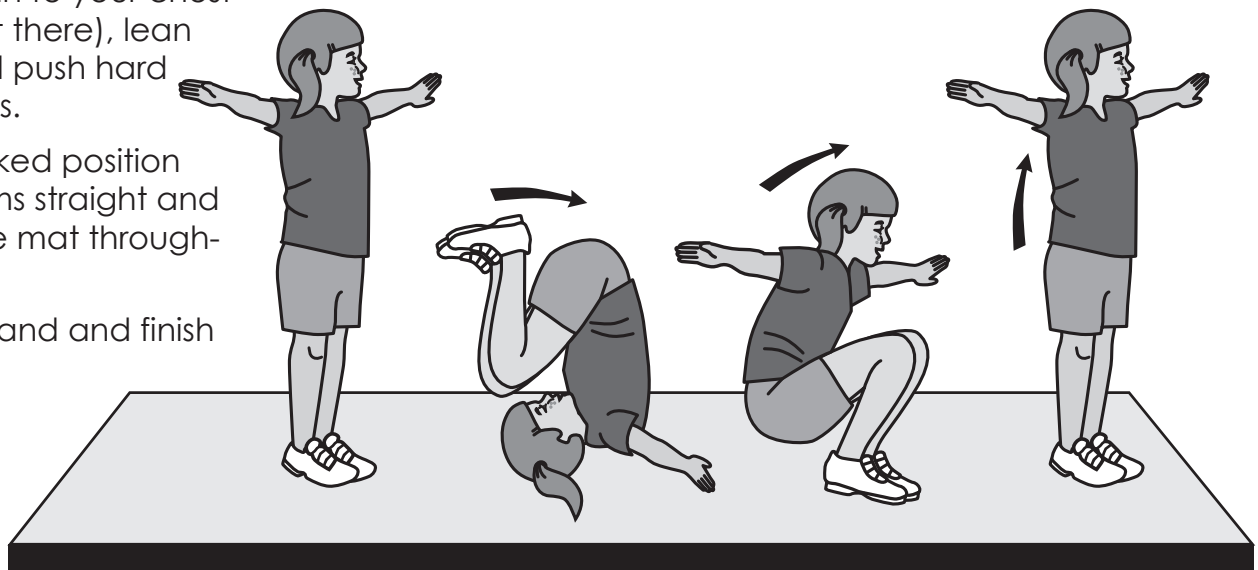


**BALANCE, STUNTS, AND TUMBLING**

**ROLLS**

# Eagle Roll to T-Stand (Advanced)

- ★ Squat with your arms out to your sides.
- ★ Tuck your chin to your chest (super-glue it there), lean forward, and push hard with your legs.
- ★ Stay in a tucked position with your arms straight and hands off the mat throughout the roll.
- ★ Push up to stand and finish in a T-Stand.

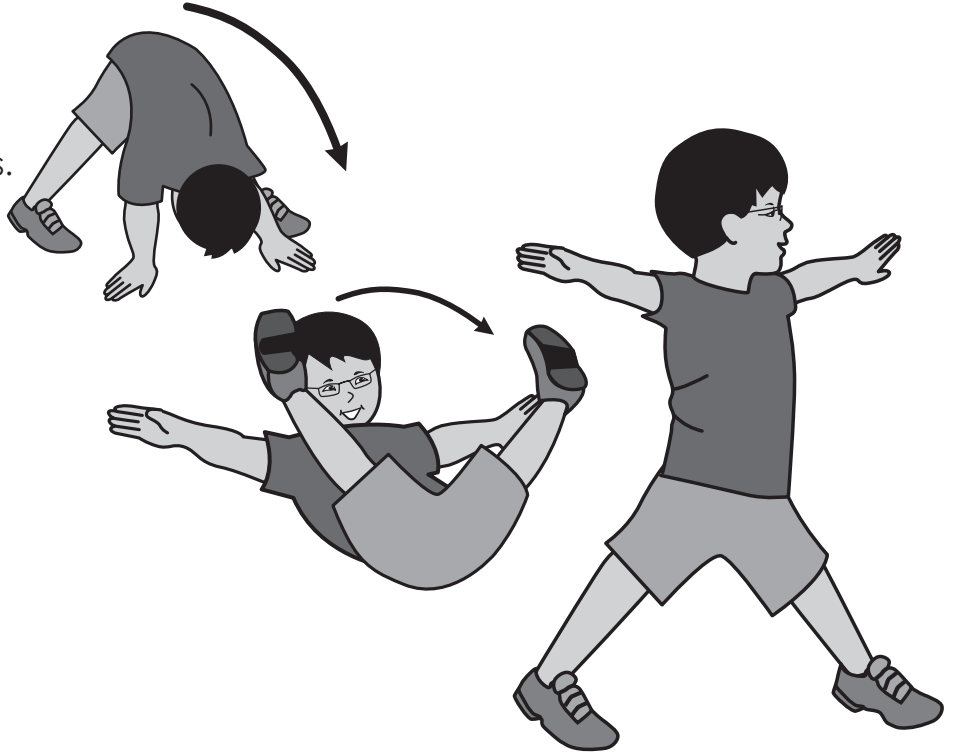


**BALANCE, STUNTS, AND TUMBLING**

**ROLLS**

# Straddle Forward Roll

- ★ Stand tall, then move to a straddle position with your hands close together between your feet, but in front of your shoulders.
- ★ Tuck your chin to your chest (super-glue it there!), lean forward, and push hard with your legs.
- ★ Stay in a straddle position throughout the roll.
- ★ Push off the floor with your hands between your legs and stand up to finish in a Straddle Stand.

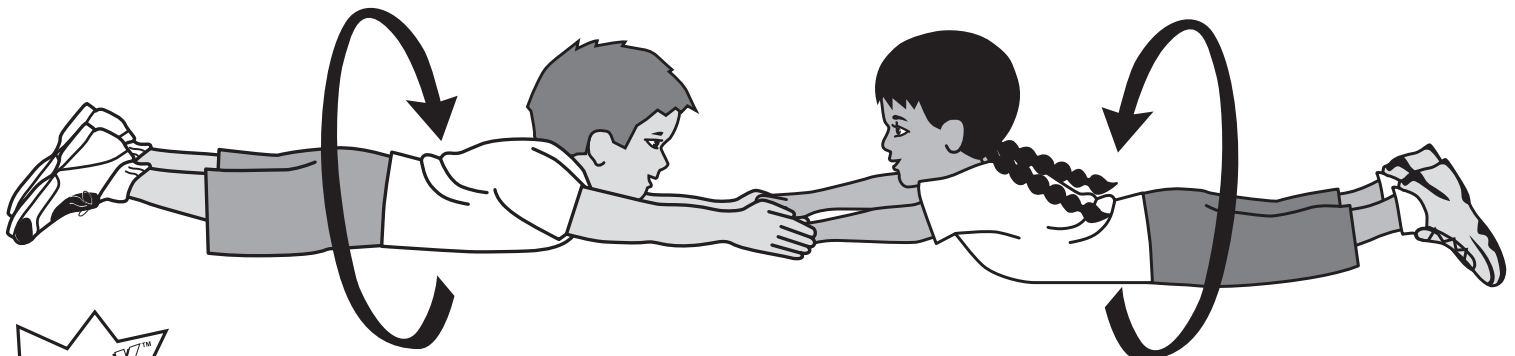


**BALANCE, STUNTS, AND TUMBLING**

**ROLLS**

# Partner Log Roll (Advanced)

- ★ Partners lie face down, head to head and arms outstretched overhead.
- ★ Join hands.
- ★ Keep legs straight and together.
- ★ Roll together in the same direction to complete one full turn.



**BALANCE, STUNTS, AND TUMBLING**

**ROLLS**

# Multiple Rolls

- ★ Do 2 forward rolls in a row.
- ★ Pause and take a breath between each roll.
- ★ When you can do 2 smoothly, try 3 then 4 rolls.

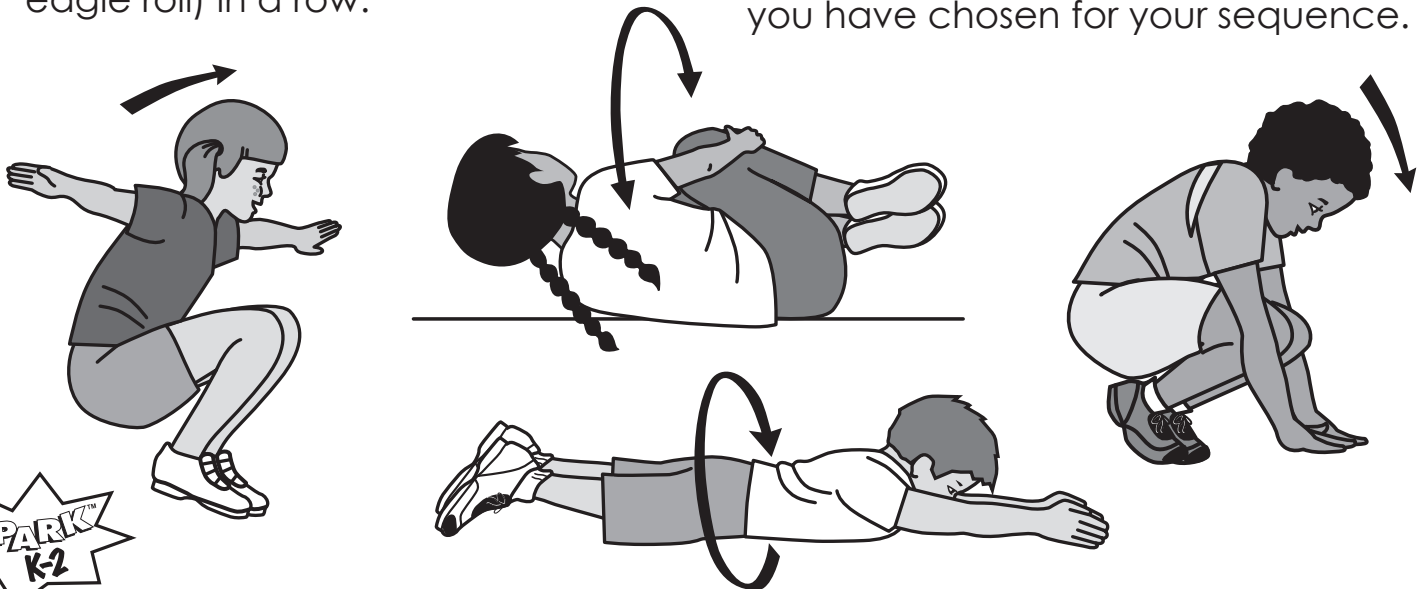


BALANCE, STUNTS, AND TUMBLING

ROLLS

# Combination Rolls

- ★ Do 3 different rolls (i.e., log roll, egg roll, forward roll, straddle roll, eagle roll) in a row.
- ★ Pause between each roll.
- ★ See if a friend can name the rolls you have chosen for your sequence.

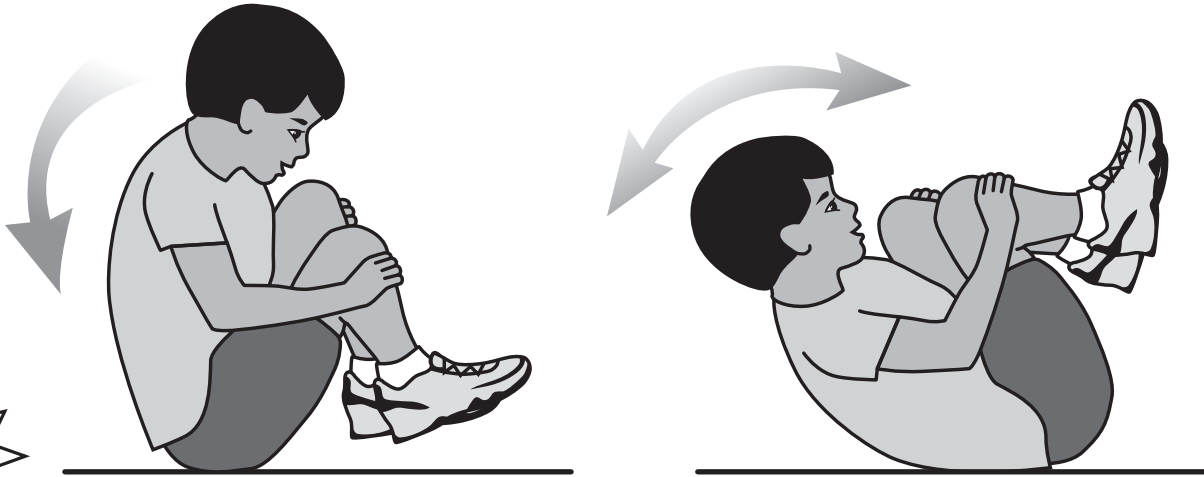


BALANCE, STUNTS, AND TUMBLING

ROLLS

# Back Rocker

- ★ Sit in a Tuck Sit Position.
- ★ Tuck your chin to your chest and round your back. Lean backwards and rock backward and forward.

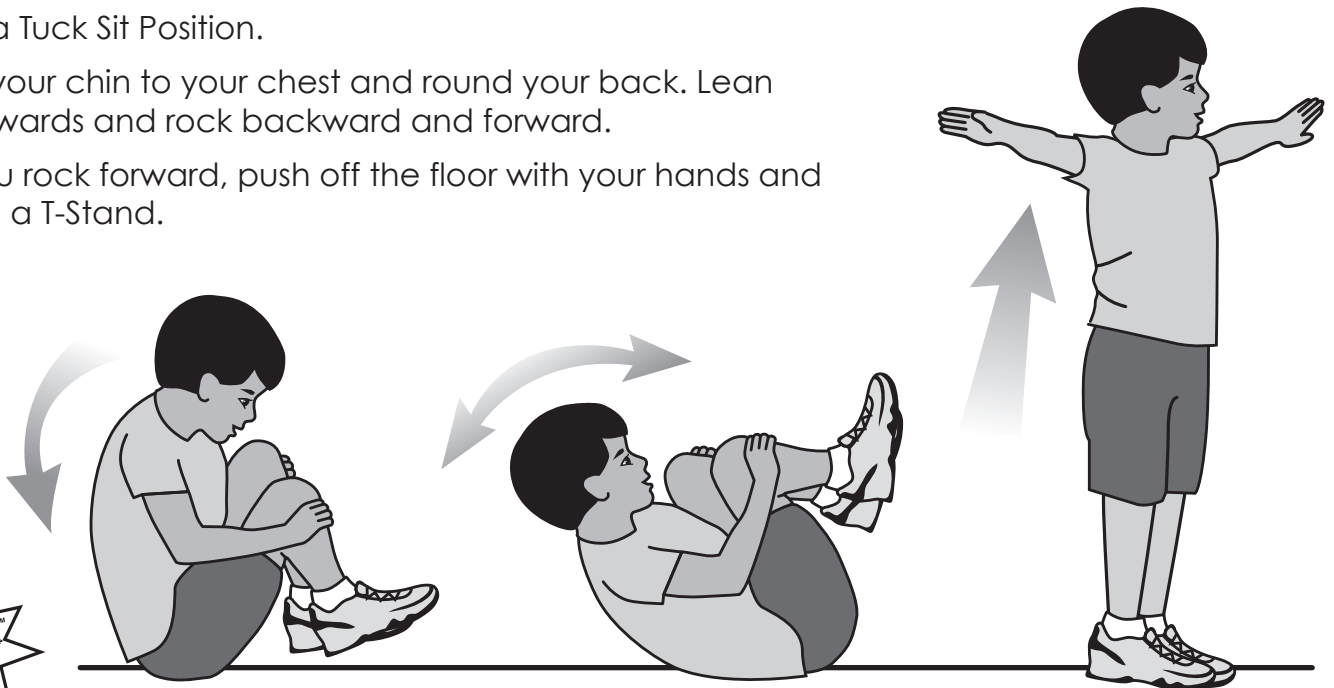


**BALANCE, STUNTS, AND TUMBLING**

**WEIGHT TRANSFER**

# Back Rocker to Stand

- ★ Sit in a Tuck Sit Position.
- ★ Tuck your chin to your chest and round your back. Lean backwards and rock backward and forward.
- ★ As you rock forward, push off the floor with your hands and rise to a T-Stand.



**BALANCE, STUNTS, AND TUMBLING**

**WEIGHT TRANSFER**