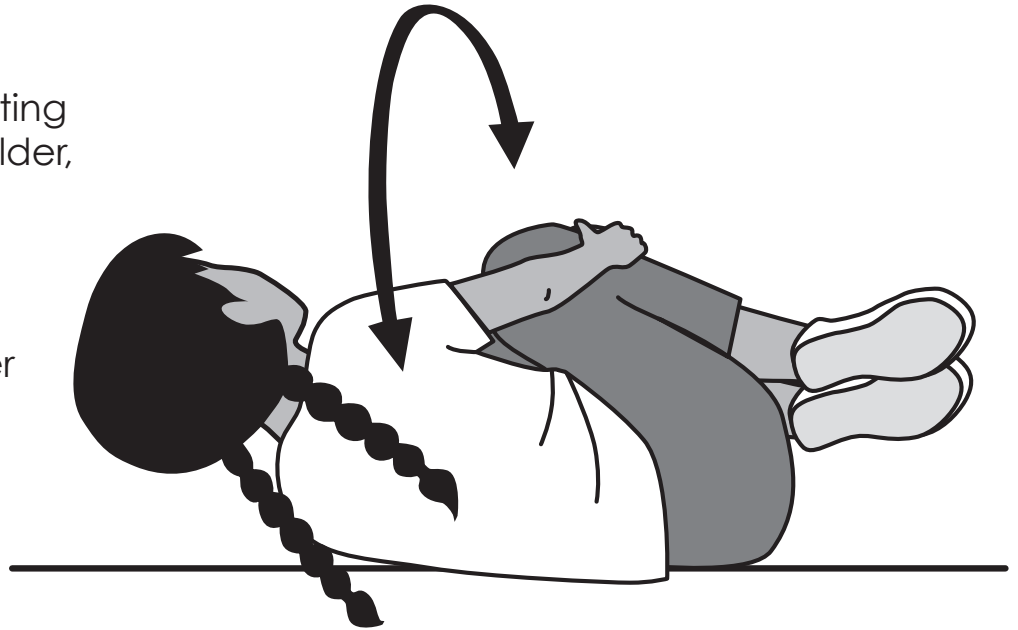


Rollito de Primavera

- ★ 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?

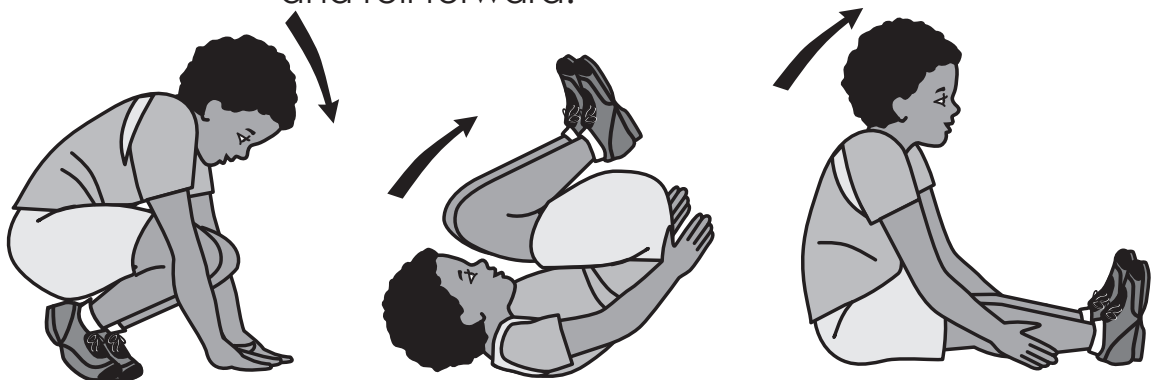


BALANCE, STUNTS, AND TUMBLING

ROLLS

Rodar Hacia Delante y Terminar Sentado

- ★ 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.

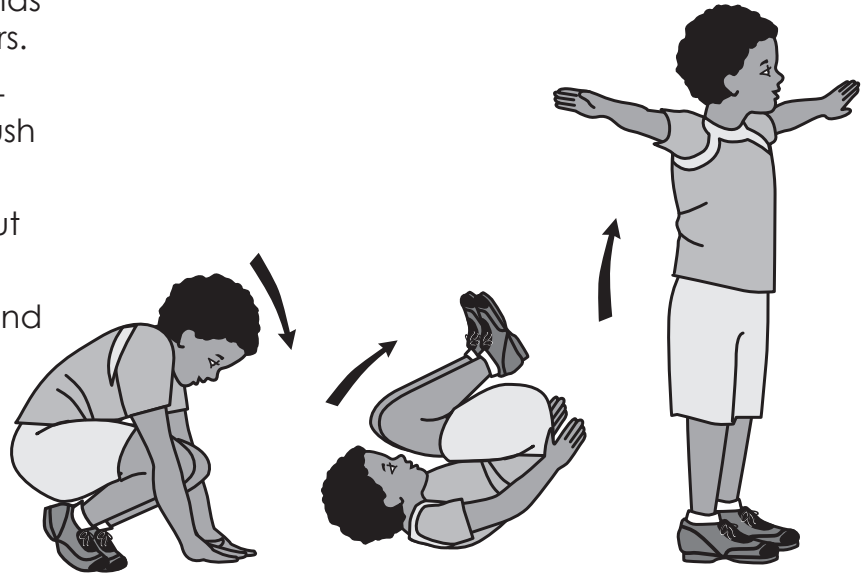


BALANCE, STUNTS, AND TUMBLING

ROLLS

Rodar Hacia Delante y Terminar en Forma de T

- ★ 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.



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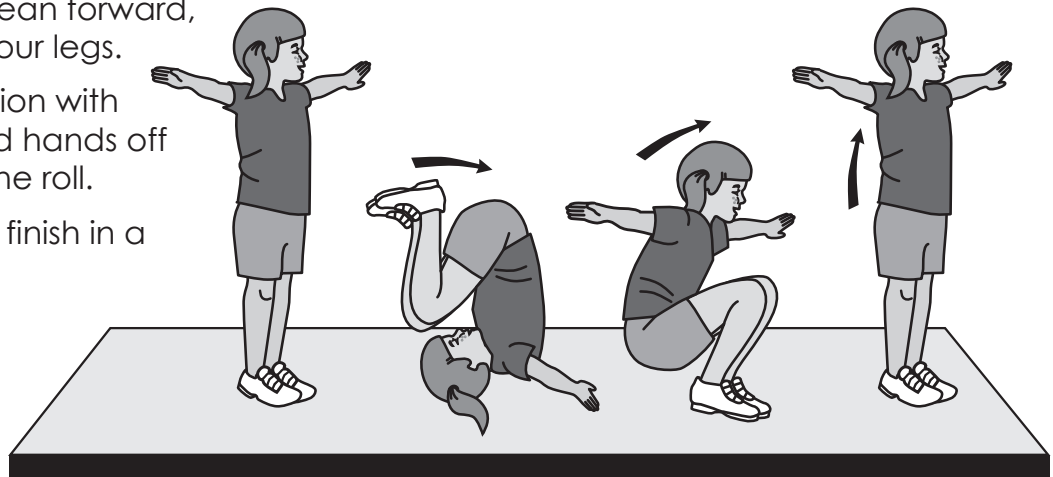
BALANCE, STUNTS, AND TUMBLING

ROLLS

Rodar Hacia Delante con los Brazos Extendidos a los Lados Terminando Parado en forma de T

(Avanzado)

- ★ 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.



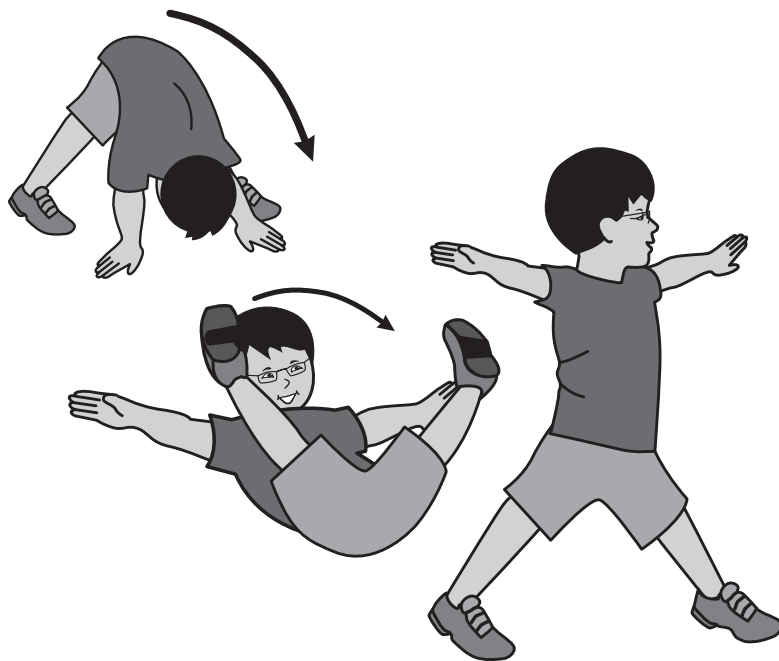
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BALANCE, STUNTS, AND TUMBLING

ROLLS

Rodar Hacia Delante con Las Piernas Separadas

- ★ 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.

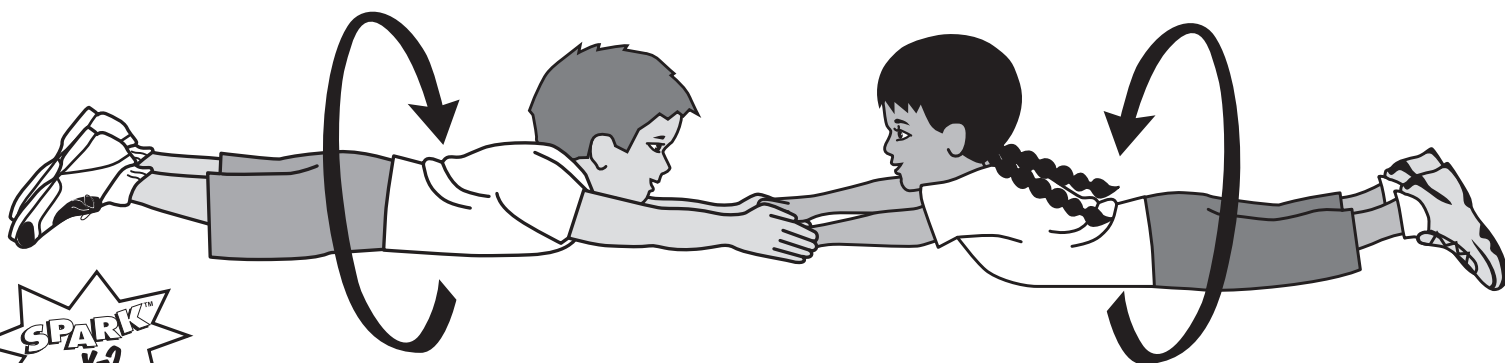


BALANCE, STUNTS, AND TUMBLING

ROLLS

Rodar como un Tronco con el Compañero (Avanzado)

- ★ 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

Rodar Varias Veces

- ★ 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.

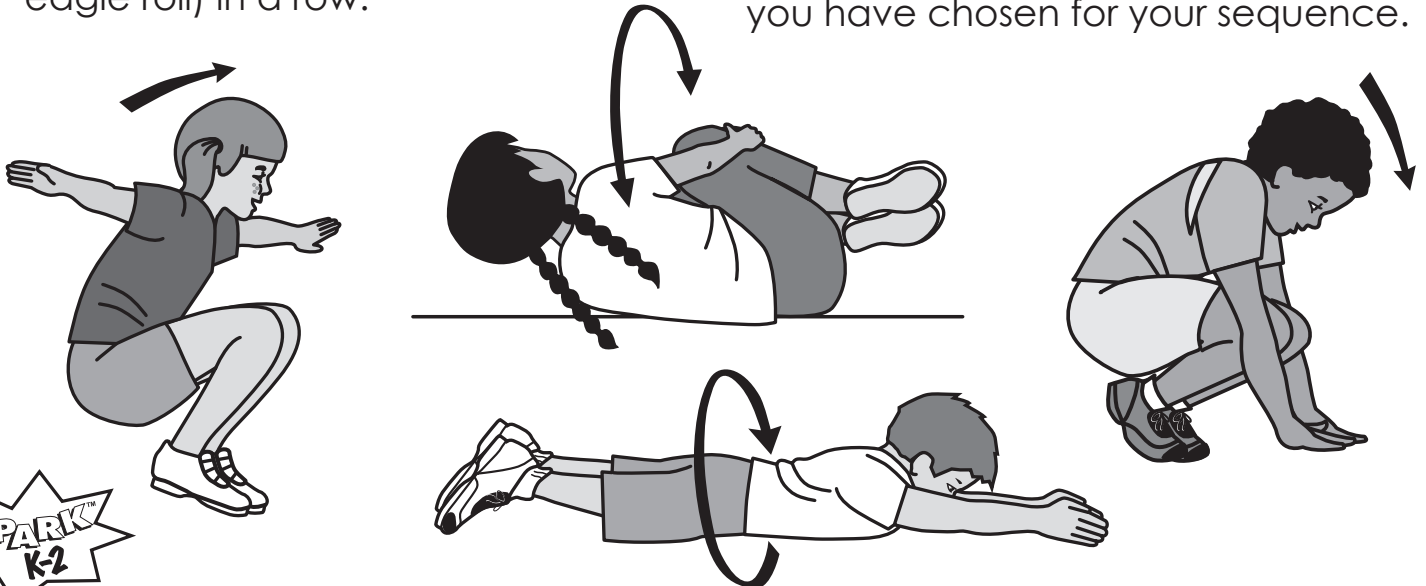


BALANCE, STUNTS, AND TUMBLING

ROLLS

Rodar en Combinaciones

- ★ 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.

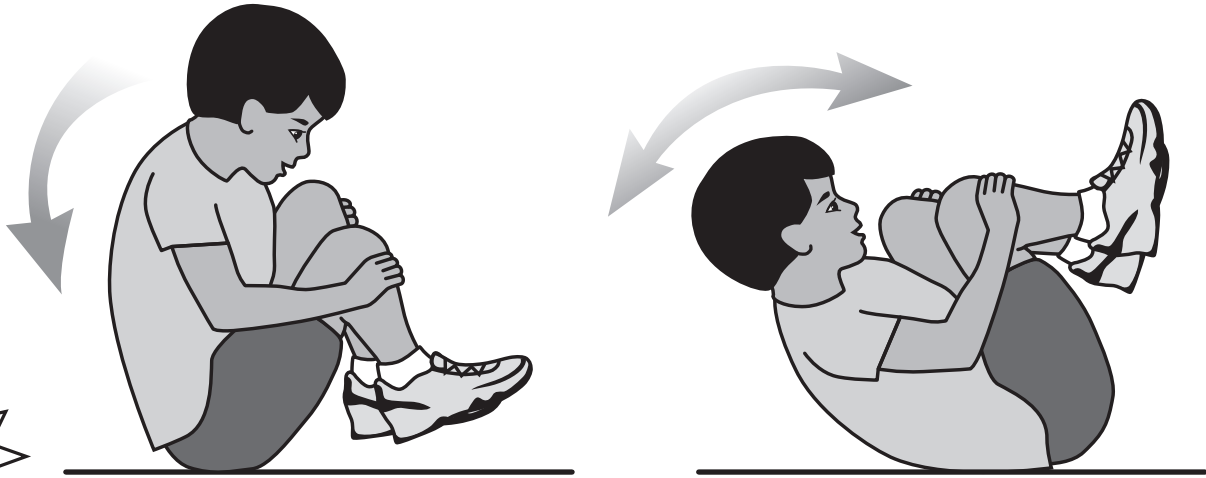


BALANCE, STUNTS, AND TUMBLING

ROLLS

Mecerse Hacia Atrás

- ★ 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

Mecerse Hacia Atrás y Terminar Parado

- ★ 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