



HCDG Tumbles!



HCDG is excited to announce our new leveled tumbling initiative! HCDG Tumbles is for ALL HCDG students (in a class for ages 4+) and seeks to encourage and celebrate our students as they progress in tumble skills across all three programs at HCDG - gymnastics, cheer, and dance.

During the first full week of August, October, December, February, April, and June, HCDG instructors will evaluate all students in any class that tumbles (*this includes our competitive gymnastics teams, our tumble for dancers classes, all gymnastics and cheer/tumble, as well as tumble classes; students must be present during the designated weeks to be evaluated*) for a chance to “level up”!

Students will receive a colored band that matches their current tumble skill level according to the chart below. Students are welcome to wear the band to class on their wrists or ankles, and collect the different colors as their skills progress!

COLOR	SKILLS TO MASTER
White	Forward Roll to standing position Handstand
Yellow	Push-Up Backbend Cartwheel
Orange	Handstand to backbend position Back roll
Light Pink	Roundoff One split flat
Hot Pink	Backbend from standing position
Red (once received you can move up to the Walkovers Class)	Backbend kickover Front limber (handstand to backbend and stand up)
Lime Green	Back Walkover
Green	Front Walkover
Light Blue (once received you can move up to the Handsprings Class)	Round off rebound Two splits flat
Blue	Standing back handspring

Navy Blue (once received you can move up to the Tucks Class)	Roundoff back handspring Back extension roll
Purple	Side aerial, Front Handspring
Maroon	Punch front / Front tuck
Teal	Round-off back handspring back tuck Round-off back tuck
Silver (once received you can move up to the Layouts Class)	Standing back tuck
Gold	Front aerial
Brown	Layout, half twisting skill
Black <i>**Students who achieve black bands, meaning they have all the skills listed, will have their picture on the gym wall!</i>	Full Twisting Skill