



Level Up! Tumbling Guide

White-Black Band Level Guide

White – Green – Blue – Purple – Red – Black



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Welcome to Xcel 360's Level Up! Training System

How Does the Level Up! Training System Work?

Level Up! Training Systems is a systematical way to teach and track athlete progression, goal setting and personal achievements! When an athlete first begins the program he/she will receive a WHITE band symbolizing the beginning of their Tumbling Training. While under each particular Level Band, there are a set of skills that the athlete is working towards accomplishing. Once ALL Skills have been accomplished and they pass the Level Test, the athlete will then move up to the next Level Band and begin working on a new set of higher level skills as well as maintaining the skills from the previous level.

The Levels are broken down into 6 Levels. Level 1 – Level 5 Follow the USASF All Star Level Requirements for Tumbling. The 6th Level is our Master's Level... This is when all levels have been completed and the athlete is accomplishing skills above and beyond your average tumbler!

Why is Progression Important?

Progression is the most important component of any training system. Without it the entire training program can fall apart leading to injuries, mental blocks, discouraging results, frustration, boredom with the activity, many hours spent training without personal gains and long term physical damage to the body and overall mind set. A proper plan of progression not only increases the amount of learning at any given time but it helps build the confidence needed to achieve any goal set by the coach and the athlete. That being said... progression must also be a constant growth as well.

Stress = Growth

Our bodies and minds have the amazing ability to adapt to the stresses imposed on them. This is how muscle is grown and how intellect is developed. Through the progressions of our system, the athlete will gain muscle strength, flexibility, body awareness and control as well as the mental strength to overcome obstacles and achieve goals through hard work and determination. With every progression a small bit of confidence is instilled in the athlete for life. As you will see in our 360 Circle of Success, momentum is built on each gain as the athlete progresses. This momentum is the act of taking your potential, taking action towards a goal, seeing results and then believing that your end goal is a possibility. A snowball effect occurs as the athlete builds on each success.

There's only one thing that makes a dream impossible to achieve... the Fear of Failure. ~Paulo Coelho

Athletes will learn the importance of working through each failed attempt with a Positive Mental Attitude (PMA) as each attempt successful or not is one step closer to achieving his/her goal.

How can I help my Child be more Successful?

Most importantly your job in the training of your child is to support them when they are struggling or feeling discouraged. This can be done through encouragement and please be sure to celebrate their successes as big or small as those successes may be. Tumbling is not an easy task by any means. It takes dedication and hard work to achieve what some make look so easy. There is no instant gratification like most of our kids are used to in these days with everything they want just a click away on their smart phones, tablets or computers. Keep in mind... the more they struggle to get a skill the higher the sense of gratification will be when they finally achieve that skill! It is best to reassure the athlete that they can do it and to not give up without redirecting their pain away from themselves. (ie. Blaming the coach, the mat, the gym, another kid or even themselves as far as not giving 100%) The athlete must feel the pain of failure to strengthen their ability to overcome not only tumbling skills but all obstacles in life.

Good Luck as you embark on your journey, work hard, keep a positive mind set and let us help you LEVEL UP!

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Level 1:

Prerequisite –No Prerequisites

Skill Requirements:

*Progressive Skills transitioning into the Next Level are not required to receive your band – They are Bonuses!

Date	Level 1 Standing Tumbling Skills	Date	Level 1 Running Tumbling Skills
	Forward Roll		Round Off – Power & Running
	Backward Roll		Running Cartwheel
	Handstand Hold (5 Seconds)		Running Front Walkover
	Cartwheel		Round Off Rebound ½ Turn Round Off
	Bridge Kick Over		Round Off Backbend Kick over
	Standing Back Bend		Cartwheel Back walkover
	Back Bend Kick Over		FWO Cartwheel BWO
	Back Walk Over (BWO)		Various Series of Walkovers and Cartwheels
	Front Walk Over (FWO)		
	Back Limber		*Standing Back Handspring on Tumbl Trak Incline
	Front Limber		*Standing Back Handspring on Tumbl Trak Flat
			*Standing Back Handspring on 8" Landing Mat

Level 2:

Prerequisite –Proficiency in all the Previous Level Skills

Skill Requirements:

*Progressive Skills Transitioning into the Next Level

Date	Level 2 Standing Tumbling Skills	Date	Level 2 Running Tumbling Skills
	Standing Back Handspring on Cheer Floor		Power Hurdle RO - Back Handspring
	Back Walkover - Back Handspring		Running RO - Back Handspring
	Cartwheel - Back Handspring		*Knee RO - Back Handspring
	BHS Step Out – BWO – BHS		Power Hurdle RO - Series Back Handsprings
	BHS Step Out – into running tumbling		Running RO - Series Back Handsprings
	Standing Series Back Handsprings on Tumbl Trak		*Knee RO - Series Back Handsprings
			RO - BHS Step Out - RO - BHS
			Front Hand Spring
	*Toe Touch - Back Walkover Back Handspring		Bounder
	*T- Jump Back Handspring		Series Front Handsprings (Bounders)
			Front Handspring Step Out
			Front Handspring Step Out - RO - BHS
			Front Handspring Step Out - RO - Series BHS
			*RO - Tuck off Tumbl Trak
			*RO- Tuck on Tumbl Trak
			*RO - Tuck onto 8" Landing Mat

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Level 3:

Prerequisite –Proficiency in all the Previous Level Skills

Skill Requirements:

*Progressive Skills Transitioning into the Next Level

Date	Level 3 Standing Tumbling Skills	Date	Level 3 Running Tumbling Skills
	Series Back Handspring on Cheer Floor		RO - Tuck on Spring Floor
	Handstand Snap down Back Handspring (Series)		RO - BHS Tuck on 8" Landing Mat
	Back Handspring Tuck on Tumbl Trak		RO - BHS Tuck on Spring Floor
			FWO - RO - Tuck
			FWO - RO - BHS - Tuck
			Punch Front on Spring Floor
			Punch Front Run - (Any Series Pass Above)
	*Toe Touch - Back Handspring		Front Handspring Punch Front
	*Toe Touch - Series Back Handsprings		*RO - Layout on Tumbl Trak
			*RO - Layout on 8" Crash Mat

Level 4:

Prerequisite –Proficiency in all the Previous Level Skills

Skill Requirements:

*Progressive Skills Transitioning into the Next Level

Date	Level 4 Standing Tumbling Skills	Date	Level 4 Running Tumbling Skills
	Standing Tuck		RO - Layout on Cheer Floor
	Back Handspring Tuck on 8" Landing Mat		RO - BHS (series) - Layout
	Back Handspring Tuck on Cheer Floor		FHS step out - RO series ending in Layout
	BHS - Tuck - BHS...		Layout Step Outs
	BHS - Whip - BHS...		Whip through to BHS
			Punch Front Step Out - RO - series ending in Tuck/Layout
			*Series including Onodi
			FHS Punch Front Step Out - Into Series
			Front Layouts
	*Onodi		Front to Front
	*BHS - Onodi...		*RO - Full off Tumbl Trak
			*RO - Full on Tumble Trak
	*Toe Touch - Back Handspring - Tuck		*RO - Full on 8" Mat



Level 5:

Prerequisite –Proficiency in all the Previous Level Skills

Skill Requirements:

*Progressive Skills Transitioning into the Next Level

Date	Level 5 Standing Tumbling Skills	Date	Level 5 Running Tumbling Skills
	BHS Full		RO - Full on Cheer Floor
	BHS Double		RO - Hand Full on 8" Mat
	BHS series ending in Full		RO - Hand Full on Cheer Floor
	BHS series ending in Double		RO - Series BHS to Full
	BHS - Tuck/whip/layout.... full/double		RO - Whip through to Full
	Standing Tuck into series ending in tuck		Punch Front - Series Ending in Full
	Standing Tuck into series ending in layout		RO - Arabian
	Standing Tuck into series ending in full		RO - Arabian Step Out - Series...
	Standing Full		Series Ending in Double Full
	Standing Full into series		Series Full to series Full
			Full to full
			Full to double
			1 - 1/2 to series full/double
	*Toe Touch - Tuck		Whip - Whip
	*Jump Series – Tuck		Front Fulls
	Jump to Standing Full		Front Full Step Out Through to Full/Double

Masters Tumbling:

Prerequisite –Proficiency in all the Previous Level Skills

Skill Requirements:

Date	Level 5 Standing Tumbling Skills	Date	Level 5 Running Tumbling Skills
	Standing Double full		Pass ending in Triple
	Standing Triple full		Double Back
	Standing Double into series ending in double/triple		Full in back out
			Full In Full Out
			Arabian full step out through to Triple

There are many variations of tumbling passes and skills when you get to the **Master's Level**... use caution but let **Creativity** be your guide as your foster a love for **Tumbling** and for the challenge it provides you. You will only stop growing when you no longer... **Level Up!**

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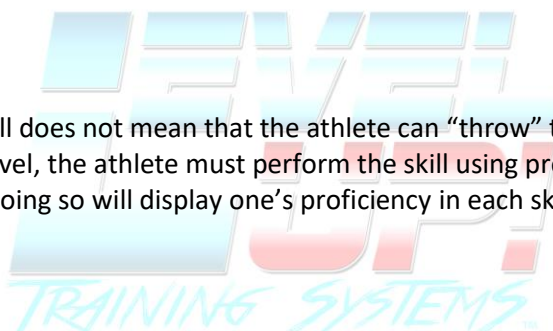
To the Xcel 360 Student Attempting These Goals:

Congratulations! You are about to embark on a journey that will not only test you physically but mentally as well. You will learn to set daily, weekly and monthly goals and surpass them one by one as you train to increase body awareness, control, agility, flexibility, focus and strength. Take your time learning these skills and developing into a Master Tumbler! Everyone is built differently and thinks differently therefore we all learn at different rates and in different ways. Don't compare yourself to others. Just focus on your personal goals and what it will take you to achieve them both short term and long term. Use the 360 Circle of Success guide to help you understand the power of compounding your results into a continued growth of success!

Never forget that anything is possible for those who are willing to try. If you are to at any time fail a test, never see yourself as a failure but see it as a challenge to make yourself better. Through our failures we learn what it takes to create success. Work Hard, Get Even Better, and Try gain. Good Luck! Never give up!

Level Up Program notes:

- Proficiency in the skill does not mean that the athlete can “throw” the skill. In order to be placed in the appropriate level, the athlete must perform the skill using proper technique and control in multiple attempts. Doing so will display one's proficiency in each skill.



Level Up! Class Break Down:

- Each class is 60 Minutes
 - 5 Minute Warm up
 - 5 Minute Line Drills
 - 15 Minute Station 1
 - 15 Minute Station 2
 - 15 Minutes Station 3
 - 5 Minute Cool Down Stretch

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GAIN MOMENTUM... DON'T LOSE IT!

Build On Your Successes!



360 Circle of Success, momentum is built on each gain as the athlete progresses. This momentum is the act of taking your potential, taking action towards a goal, seeing results and then believing that your end goal is a possibility. A snowball effect occurs as the athlete builds on each success.

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