

SKILLS EVALUATION

Reign in Rhythm Choreography & Tumbling

Name

DOB:

Place a "☑" in the box that best reflects the level of skill execution.

Current Level ☐ Show ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Tumbling Level 1

	1	2	3	4	5	Comments
1. Forward Rolls	☐	☐	☐	☐	☐	
2. Backward Rolls	☐	☐	☐	☐	☐	
3. Handstand	☐	☐	☐	☐	☐	
4. Standing Bridge/Kickover	☐	☐	☐	☐	☐	
5. Front walkover	☐	☐	☐	☐	☐	
6. Back walkover	☐	☐	☐	☐	☐	
7. Cartwheel	☐	☐	☐	☐	☐	
8. Roundoff	☐	☐	☐	☐	☐	

Level 2

	1	2	3	4	5	Comments
1. Standing back handspring	☐	☐	☐	☐	☐	
2. Series Back Handspring	☐	☐	☐	☐	☐	
3. Front Handspring	☐	☐	☐	☐	☐	
4. Fly Spring	☐	☐	☐	☐	☐	

Level 3

	1	2	3	4	5	Comments
1. Roundoff Tuck	☐	☐	☐	☐	☐	
2. Aerial	☐	☐	☐	☐	☐	
3. Toe Touch Back handspring	☐	☐	☐	☐	☐	

Level 4

	1	2	3	4	5	Comments
1. Roundoff Handspring Layout	☐	☐	☐	☐	☐	
2. Standing Series to Tuck	☐	☐	☐	☐	☐	
3. Standing Tuck	☐	☐	☐	☐	☐	
4. Toe Touch Back handspring Tuck	☐	☐	☐	☐	☐	

Notes: