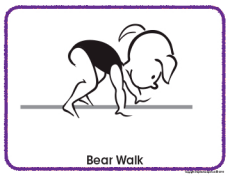
Forward Roll
Positions, Progressions & Skills

2



Bear Walk

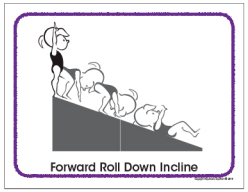
3

Tuck On Back Position

4

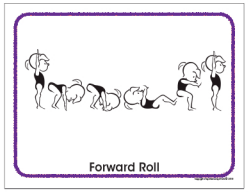
Look Upside Down

5



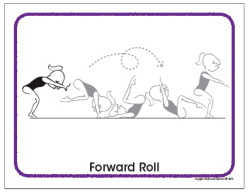
Forward Roll Down Incline

6



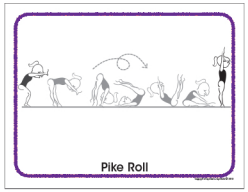
Forward Roll

7



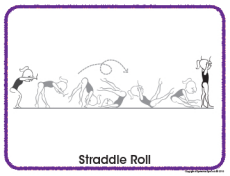
Forward Roll

8



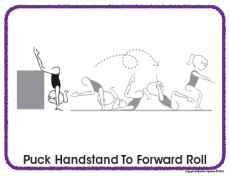
Pike Roll

9



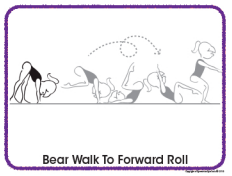
Straddle Roll

10



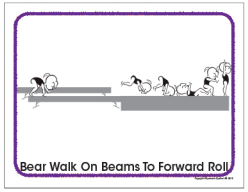
Puck Handstand To Forward Roll

11



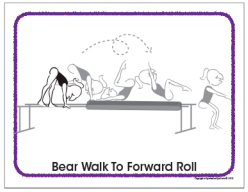
Bear Walk To Forward Roll

12



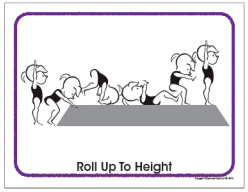
Bear Walk On Beams To Forward Roll

13



Bear Walk To Forward Roll

14

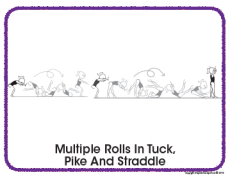


Roll Up To Height

15

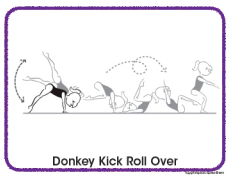
Roll Up To Height

16



Multiple Rolls In Tuck, Pike And Straddle

17



Donkey Kick Roll Over

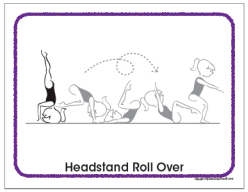
18

Hand Knee Drop To Roll Over

19

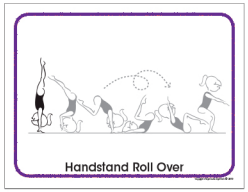
Forward Roll, Stand Up On One Leg

20



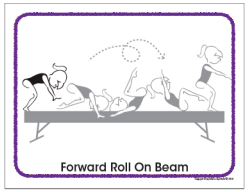
Headstand Roll Over

21



Handstand Roll Over

22



Forward Roll On Beam

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