



Diploma

TUMBLING SAFETY— TUMBLING TRACK 2

NAME TOMÁŠ VACEK

Has completed and passed the education Tumbling Safety – Tumbling Track 2

THEORETICAL PART:

- Passed multiple choice test in the subjects mentioned below

Introduction to:

- Ethics and social responsibility in gymnastics
- Training planning
- Physical training
- Technique optimisation and feedback types

PRACTICAL PART:

- Passed presentation and written test in methodology and spotting of specific skill
- Passed spotting of the relevant tumbling skills

THE RELEVANT TUMBLING SKILLS ARE:

- Handspring straight somersault w. 1/2-1 1/2 twist
- Pike/straight startsomersault to front handspring
- Pike/straight startsomersault to round-off flic flac
- Round-off whipback flic flac
- Tempo flic flac
- Flic flac straight somersault w. 1/2-2 twist
- Flic flac double backwards somersault (DB)

RESCUE SPOTTING:

- Double backwards somersault with over-/underrotation

20/11-22
Date and signature

BEVÆG
DIG FOR
LIVET

DGI

GymDanmark
DANMARKS GYMNASTIK FORBUND