

# Back Hand Spring Clinic

## ★ Level 2 Basics ★

This clinic is for tumblers who can already do a roundoff and a backwalkover. If you are getting started on a standing back handspring or you need to brush up on your back handspring combinations, this is the clinic for you. You will be working on standing backhandspring combinations during the first hour and running roundoff back handspring combinations during the second hour. Strength and flexibility drills will be taught for these skills. Please bring a snack and water to the clinic.

AUGUST 04, 2013 @ 11AM – 1PM



Members- \$25.00  
Non-Members- \$35.00

Call for more information! 562-631-3334

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