How To Do A Front Tuck (Front Flip) – Complete Guide With 17 Drills

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Dear Friend,

I wanted to take a second and personally thank you for purchasing this guide. As you know, I only create the highest quality content on my site, but that takes time.

On average, most articles take anywhere from 4-8 hours of total work to complete. This guide was over a month's worth of work and by buying it, you're helping support me as an author and helping keep my site alive. For this, I am eternally grateful.

Should you have any questions, please feel free to contact me at any time. My email address: **info@tumblingcoach.com**. Finally, if you're interested in having me put on a world-class tumbling clinic at your gym, please **click here** to fill out an interest form so I can know what your needs are.

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Ask any new gymnast, cheerleader or tumbler the following question: *"What's scarier, going backwards or going forwards?"*



…and about 95% of the time, they'll answer "Backwards!"

And it makes sense. We humans LIKE to know where we're going. It's normal, its natural and it's how we're wired.

Tumbling backwards is only more comfortable after years and years of training.

Personally, I'd rather do a double back tuck than a double front tuck any day of the week.

Why? Because I can spot my landing. Well… most of the time anyway

What I'm getting at is that while the front tuck is much, much easier to initiate, finishing the skill takes some real practice since it's more of a "blind" landing.

Also, I've never come across anyone that has a mental block when it comes to front tucks… so that's always a good sign.

Side Note: The landing is not actually "blind" per say. But when you rotate forwards your chest/torso is in the way, so the success of your landing becomes a combination of visual spotting, muscle memory and an educated guess. When you combine all three perfectly, you can nail a front tuck every single time.

So… how do we actually do one?

Well first, let's get into a few prerequisites that you'll need to master. Like most of my guides, I've created this process to help competitive athletes. This means things will be done properly and in a logical order following the **P3 Philosophy** (Practice > Perfection > Progression).

I suggest you stick to this process… lest you get a bloody nose.

Oh, you didn't know that can happen with front tucks? Well, I hope you never have to find out. (I'll do my best to keep your nose and general facial structure as pretty as possible.)

Please keep in mind to watch the drill animations for their theory and mechanics, NOT execution. Most of my videos are captured during an athlete's learning phase. Also, DO NOT perform these drills unless you're in the company of a certified coach and have their permission to do so. The information on this website is presented purely for entertainment purposes only. You are solely liable for any injuries that may occur.

Prerequisite #1: Front Roll & Shaping

I know this seems obvious. Like, if you're going to front tuck then "DUH!"… of course you should know how to roll forwards!

However, there's a bit more to it than that. It's not just about a front roll. I'm sure my dad can front roll under the right circumstances (and the right amount of beer). But would his front roll translate well into the front tuck?

Not a chance!

It's about the quality of the shape. Take a look at the shaping drill I use with my athletes:



I'm telling you, this little drill is absolute magic. It's job is to ensure two very important things:

- **ONE:** The quality of the tuck shape (Hint: The tuck shape is the same whether you're doing a front tuck or back tuck. The only thing that differs is the order, timing and the direction of entry into its initiation.)
- **TWO:** The integrity of the tuck shape. That's just a fancy way of saying that you need to stay tight at all times. Remember that bloody nose I was talking about? Yeah, that happens when athletes "throw" front tucks with a shape that's about a solid as a piece of wet tissue paper.

Don't Forget: There are 12 tumbling shapes in total that you should know. These shapes make up *every* tumbling skill that you'll ever do (or want to do in the future). I've created FREE detailed videos for *all 12* shapes which you can check out RIGHT HERE.

Prerequisite #2: Dive Roll

The dive roll has gotten some hate as of late. Some gyms have banned it saying its dangerous or useless. The truth is, incompetent coaching and carelessness can turn even an innocent cartwheel into a life threatening activity.

Hell, I know people that are so clumsy, that they're a threat to themselves just walking!

So no, dive rolls **are not** scary monsters.

Have people been hurt doing them? Yes…

But are they a useful tool that can be used safely to help you learn a front tuck? Heck yes!

Take a look at an example below:



Let's go over a few pointers so you don't get brain damage when doing dive rolls (and make it to college).

- Chin position should be **neutral** during the dive, then **tucked in** during the roll. This habit should've already been ingrained into you (or your athlete) during the learning phases of the front roll, but it bares repeating.
- No part of the head should touch the ground. Like, ever. As you're rolling out of the dive, your arms are where the magic happens. They take and absorb your force. A good idea is to learn a **handstand roll out** with absolute control. You (or your athlete) should be able to hold your body weight and lower it gently. If your handstand roll out "plops" to the ground, you don't have the strength to dive roll.
- Get some height. Think about doing a dive roll over an object that's at least your hip height (this will also come in handy during front tucks)
- Do it on a soft & forgiving surface. I almost never let athletes dive roll on floor unless it's skill testing day.
- Don't "roll out" or go into a tuck shape too soon. This will result in a hard landing right on your back. I mean, you won't die… but you'll definitely get winded. And that's never fun.

Prerequisite #3: Hollow Shape Rebound (From Run)

I also call this a "front tuck set position" from time to time, but the official name describes it best, so that's what I'll keep in the subtitle. I usually don't let my athletes run more than 2 steps.

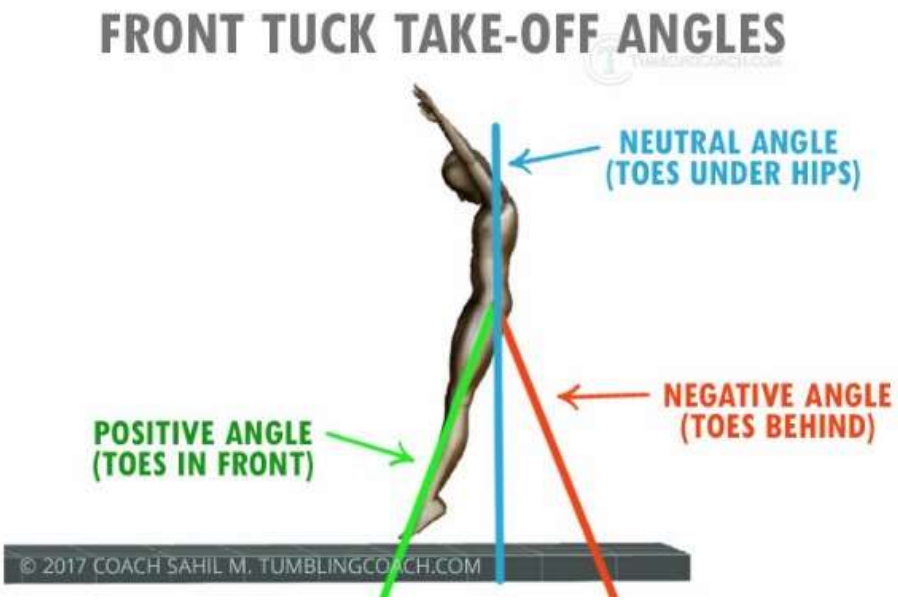
Here's how it should look:



A few key pointers to remember for the Hollow Shape Rebound:

1) Angle Of Impact (AOI): When the feet (more specifically, **the toes**) make contact with the floor, they should be in front of the hips. Or in other words, imagine drawing a vertical line from the upper body down past the hips. The legs should be anywhere in **front** of this line. This ensures that all the power and force will go upwards, resulting in a beautiful and high front tuck. If the AOI is zero (toes directly under hips) or negative (toes behind hips) then you can expect your front tuck to be low and fly forwards uncontrollably.

See the diagram below for further clarification:



Side Note: *Before you slap a protractor on the screen and get too obsessed with exact angles, understand this is simply a model to demonstrate a concept. To use this concept practically in training, just remember: The more horizontal momentum you're carrying, the more aggressive you want your AOI. So if you want to do a punch double front tuck, you'll need to* ***run harder*** *and get your toes* ***further in front*** *than someone who just wants a single front tuck. If you have to front tuck* ***over*** *an object (for whatever reason) you'll need a slightly negative AOI so you can get enough distance to clear it.*

Optional AOI Drill: Cheese Sliders. Sometimes, it can be hard to master the correct AOI. So if you (or your athletes) are having trouble getting the feet in front of the hips, check out the animation below for a simple drill that helps exaggerate that AOI:



2) Go For Height: It's one thing to rebound on a flat surface, but I generally require my athletes to do it on top of a block without a bend in the knees. This allows me to see the **true** height of the rebound. If you (or your athletes) are doing this drill and instinctively bend the knees in order to clear the block, more work needs to be done. Either add more power or check the AOI.

Horray! It's Time To Get To The Core Drills…

Now that we've taken care of the prerequisites, it's time to get into the meat of the skill!

You're about to get access to **every single** progression that I have used to successfully teach front tucks to hundreds of athletes ranging from all shapes and sizes.

This process is as fool-proof as it gets!

Drill #1: Front Tuck Breakdown (20 Reps)



You can break down a front tuck into a bazillion different parts (yes, that's a number). But in the beginning, we only need to focus on a few if your prerequisites are solid. So in this drill, that's what we do. The front tuck gets split into two components — the set and the actual tuck combined with a front roll. If you have a keen eye, you can probably see how every single prerequisite we talked about is present in this drill.

Drill #2: The DiveTuck (15 Reps)



You've heard of a dive roll, and you've heard of a front tuck. But have you ever heard of a dive tuck? Probably not. It's my own little monster that I created. On a Tumble Trak or Trampoline you could basically call this a front penny roll, but when done on a sprung floor with a mat, its the divetuck.

Either way, the point is to combine a standing diveroll that rebounds into the tuck shape which you must hold for 5 seconds. I also teach this because if you're loose, you cannot get that mini rebound off the back. Please note that if you're on a non-sprung floor, stick to a regular diveroll.

Drill #3: Punching DiveRoll (20 Reps)



I love this drill because it also acts as a conditioning tool. In fact, I've often added it to conditioning circuits in the past. If you're fortunate enough to have access to a rod floor

like I do, make the athlete do an entire line of rebound jumps then end off with the dive roll.

Drill #4: Standing DiveTuck To Stand (20 Reps)



Another drill that acts as a conditioning tool. Not only does it help the athlete finish the rotation, but they have to basically squat themselves up. A good bonus is that the faster and cleaner the tuck shape and rotation, the easier it is to squat. You can also add a jump squat at the end for extra awesomeness. Again, if you don't have a sprung floor, just perform a regular dive-roll.

Drill #5: Standing Front Tuck Into Pit (30 Reps)



I'm a huge fan of standing front tucks as they really force the athlete to drive their heels back.

Here's another benefit: When athletes eventually start working front tuck step-outs in the future, those who have mastered their rotation speed and understand the concept of a fast heel drive will have a much easier acquiring the skill.

Caution: <u>Do not</u> force the athlete to try and land their standing front tuck at this point. If they happen to land it, great. But don't emphasize landing. In fact, don't even reward them for it. What you want to praise is the quality and integrity of their tuck shape.

Drill #6: Long Hurdle Punch Front On Resi (40 Reps)



A short or high hurdle jump can really throw off the AOI. So in order to build good habits, I put down a mat (it could be anything that's thin) which my athletes have to hurdle jump over while still staying relatively close to it. I want their feet to just slightly hover over the mat.

This is because we are trying to convert horizontal momentum into vertical momentum.

Always remember this one important statement: A low and long hurdle jump will result in a high and fast front tuck. But a high and short hurdle jump will usually result in a low and long front tuck.

Drill #6 — Alternate Variation — Punch Front Shape Hold



It's very likely that by the time you get to drill 6, you (or your athletes) will start landing their front tucks without actively trying to. This is great. But ideally at this point I still want there to be a focus on the mastery of shapes, so here's another variation you can use. Again, if you have the ability to put a thin mat on the floor as a visual aid, I would do so.

Drill #7: Front Roll Landings (30 Reps)



Do you remember how we talked about the front tuck being a "blind" landing? Well how do you perfect something that's blind?

Recall the 3 factors that are required to open your shape in order to land a front tuck:

1) Visual spotting

2) Muscle memory

3) An educated guess

And like anything else in life, the only way to get better at all three is to drill the crap out of it. That's why I have an entirely separate drill dedicated to learning the opening for a front tuck. So I hope you spend some serious time perfecting this.

Drill #8: Front Tuck On Tumble Trak (15 Reps)



I'll be honest, unless I have an athlete that's working on an advanced skill such as double front, Barani-in or some variation of front twisting, I really don't send them on the Tumble Trak for regular front tucks.

And the animation above is prime example why — they're already so strong and capable, they usually overcook the entire thing.

I'm not saying it's useless. So here's how to make the most of it:

If you have some spare time or scheduled "fun time" then doing it on a Tumble Trake is a great way to make athletes adjust the timing of their skills (namely, to slow it down). Developing better body control is never a bad thing. But if you ARE going to send them on a bouncier surface, I suggest making them do it on a height that's at least up to their waist (if not shoulders).

So start stacking them crash mats!

Drill #9: Hop Rebound Front Tuck — Soft Surface (20 Reps)



This is a great drill if the athlete is a little tired — where running rep after rep isn't an option. Also, once their confidence builds, you can easily advance this by stacking the mats and raising the landing surface. Also remember that this is definitely a drill where you want to start emphasizing the importance of a good landing. So if at this point you (or your athletes) are over/under rotating, something's wrong. Most likely culprit? You haven't spent enough time on the previous drills.

Drill #10: Spotted Front Tuck On Level Surface (15 Reps)



All I need to say here is that for the spotter, the athlete should feel as light as a feather after the first 5 reps. The spotter's main job is to help the athlete avoid under-rotation and a lack of height. If the athlete over-rotates, the instinct to front roll or dive roll out should have already been built, so I tend not to worry about that as much.

Drill #11: Un-spotted Front Tuck (100-200 Reps)



Why so many reps? Because only perfect practice, makes perfect. If you (or your athletes) have managed to reach this stage, then now would be a good time to turn the learning process into a game like "stick it." You want to inject some friendly competition along with a few ounces of fun so that those hundreds of reps will fly by.

Drill #12: Long Hurdle Front Tuck (100-200 Reps)



Remember drill #6? This is basically the same thing but an advanced variation. When my athletes start landing font tucks consistently, I still go back to this drill often to make sure they don't loose the optimum AOI we've worked so hard to get.

Advanced Drill: Front Tuck Step Out (20 Reps)



Once the front tuck is mastered and my athletes are ready to work step outs, here's the very first drill I make them do.

Now if you don't have a vault, don't worry, there are plenty of other things you can use such as:

- The big Resi Mat (like in drill #7)
- Stacked Blocks
- Edge of a Boulder
- Anything else that's higher than hip height and stable

For more step-out drills, be sure to check out all the bonus videos that came with the guide.

Thank you again for purchasing the Premium Edition. Your support goes a long way towards maintaining the site for all to use along with developing new guides and fresh content.

As always, train hard, eat well and be fierce!

- Coach Sahil M.

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