IMPORTANT PHASES OF A ROUND-OFF

Read The Complete Round Off Guide: www.tumblingcoach.com/roundoff

Strong handstand (feet together)

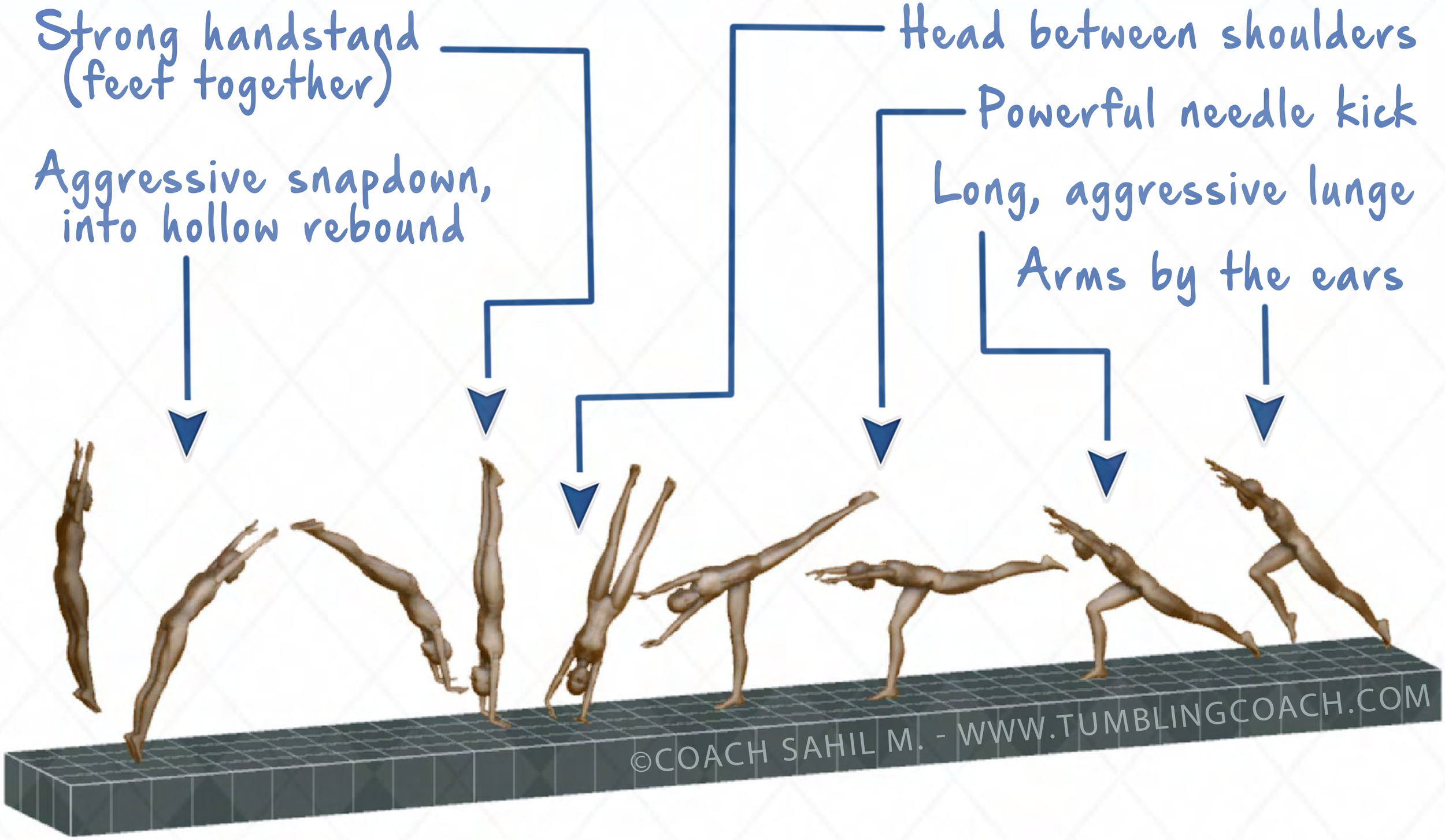
Aggressive snapdown, into hollow rebound

Head between shoulders

Powerful needle kick

Long, aggressive lunge

Arms by the ears



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