# Champions Axiom: Tumbling Readiness Guide

Purpose: Prepare athletes for safer handsprings, passes, and landings.

1. Confirm wrist, shoulder, core, hip, and ankle readiness first.
2. Master hollow, arch, plank, handstand line, and snap-down shapes.
3. Train power separately from skill before combining speed and flight.
4. Use drills that create the same body shape as the final skill.
5. Spot and progress only when the athlete can repeat clean mechanics.
6. Track landings, confidence, and consistency, not just whether it happened.

Coach cue: Earn speed after shape. Earn difficulty after control.