

## Air Floor used for Connecting Tumbling Skills



Even a small Air Floor strategically placed on a floor, tumbling strip, or other tumbling surface, can slow down the connection from one skill to another.



**PURPOSE:** To facilitate connection of tumbling skills.

The Air Floor, shown here without a cover, is used on a rod floor to make connecting several skills in a tumbling pass easier. The tumbler lands her whip-back on the leading edge of the Air Floor, then her full twist, then immediately does a back handspring, which lands in the pit with a soft mat on it. This is a 20-foot Air Floor, which provides enough space for the three skills. Tumblers can do multiple repetitions on the Air Floor, which is a more forgiving and more stable surface than the hard spring floor.