

# Tumblebear® Coloring Book

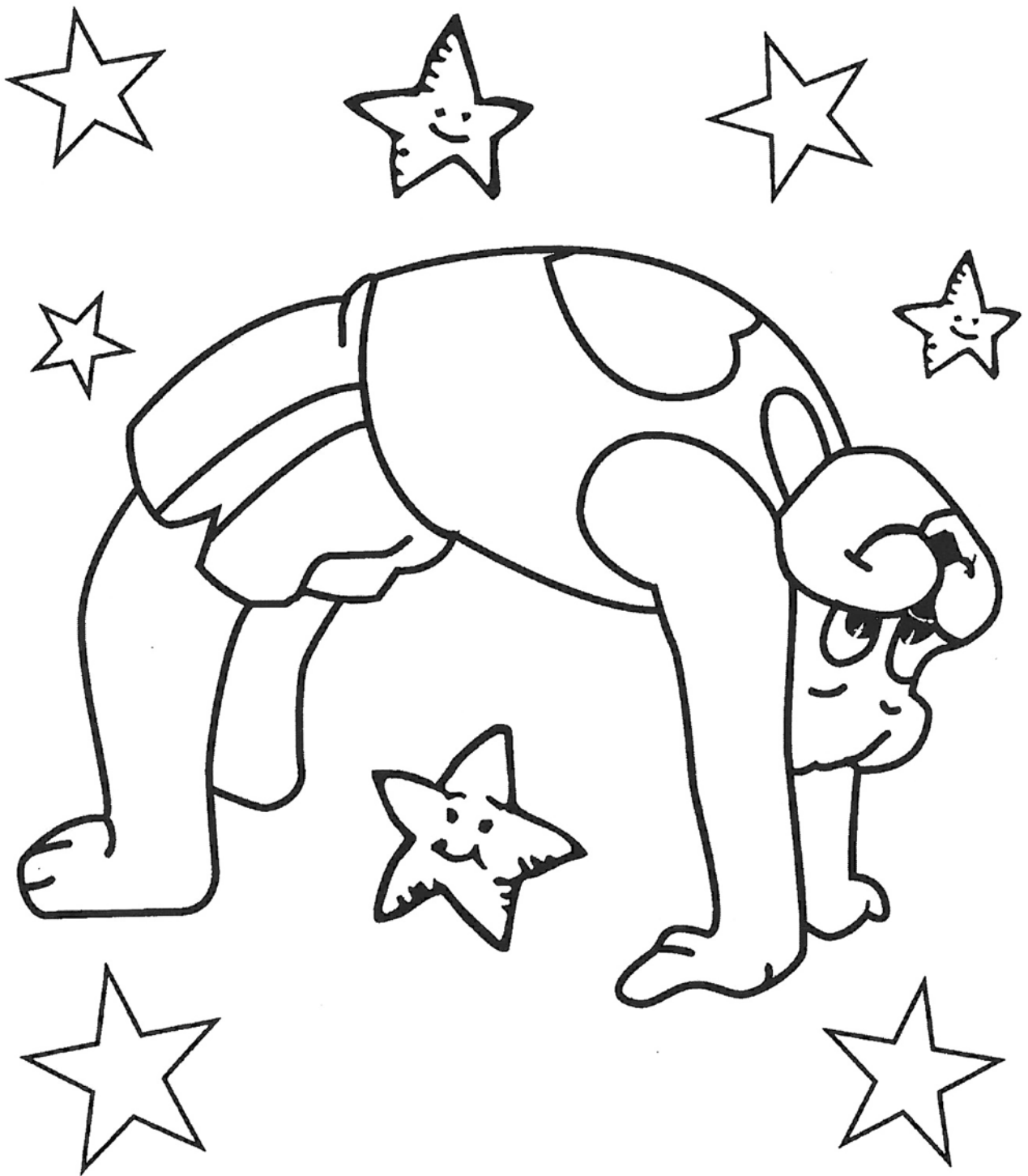


**Patti's**  
**All-American**  
*The Leader in Gymnastics,  
Dance, and Swim*

#713



V-SIT



BRIDGE



TA-DA



SQUAT



STRADDLE



PIKE



LUNGE





BUTTERFLY

# Match the Positions

Draw a line from the name of the position to the matching picture.

**Straddle**



**Bridge**



**Lunge**



**Pike**



**Butterfly**



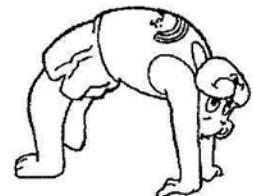
**V-Sit**

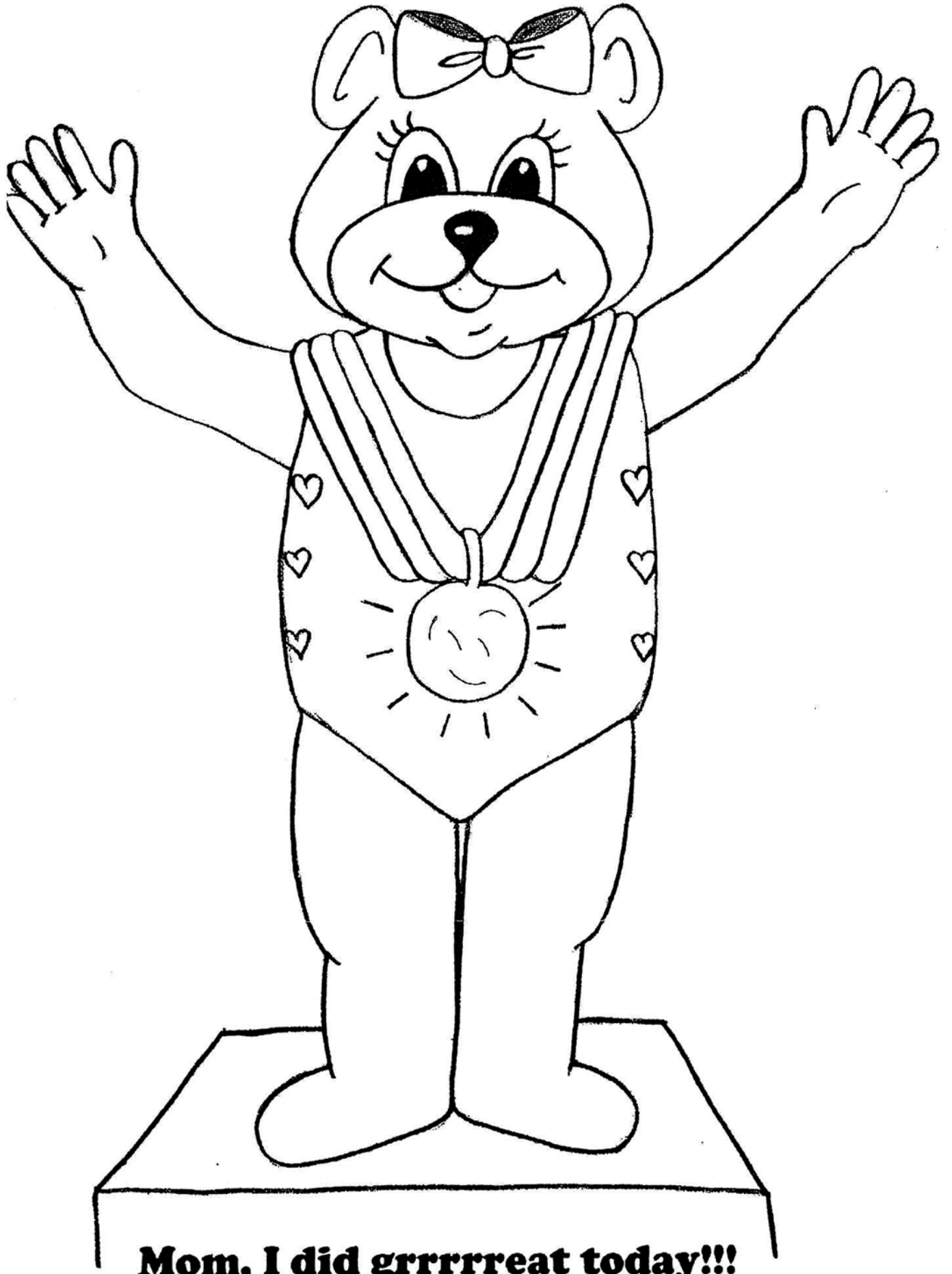


**Squat**



**Ta-Da!**

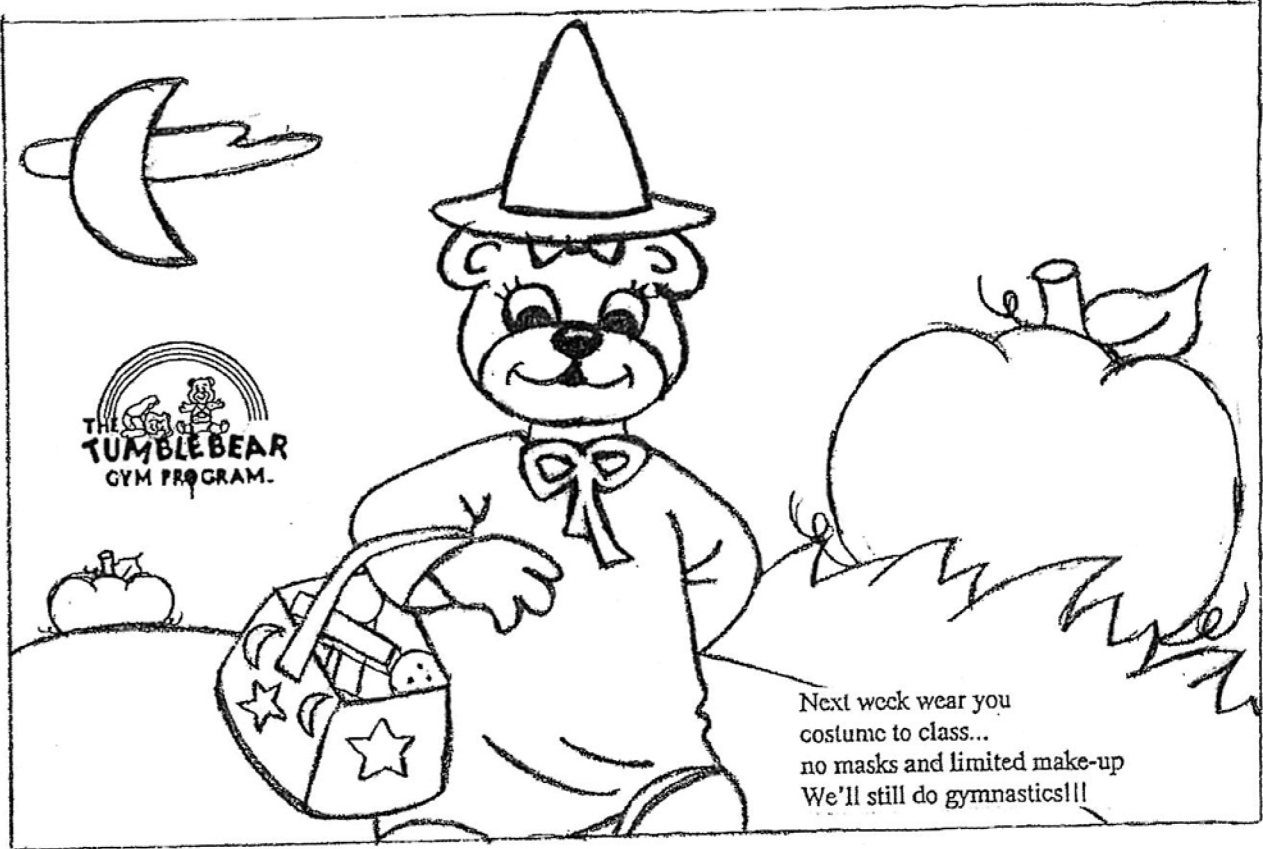




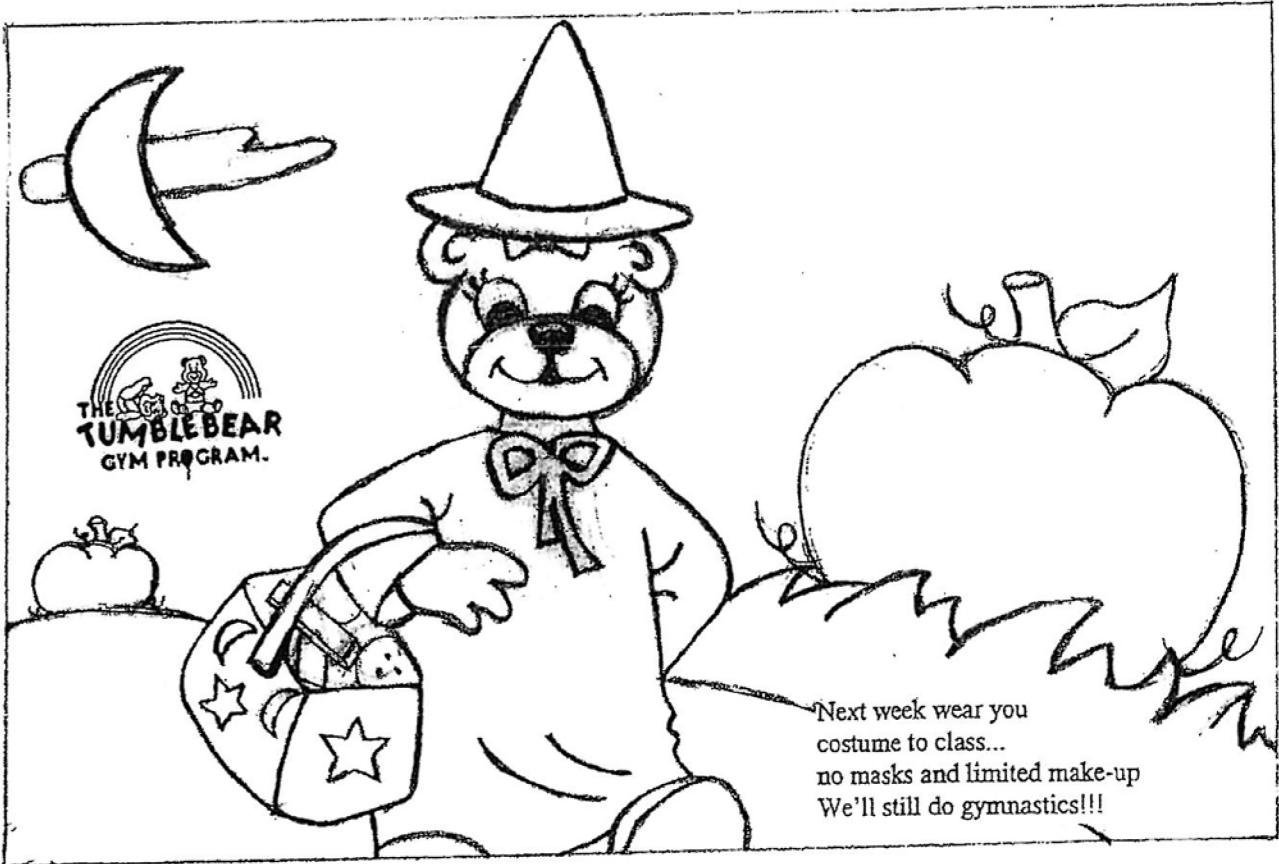
**Mom, I did grrrrreat today!!!**



**UNITED  
WE HANDSTAND  
REMEMBER  
SEPTEMBER 11TH**

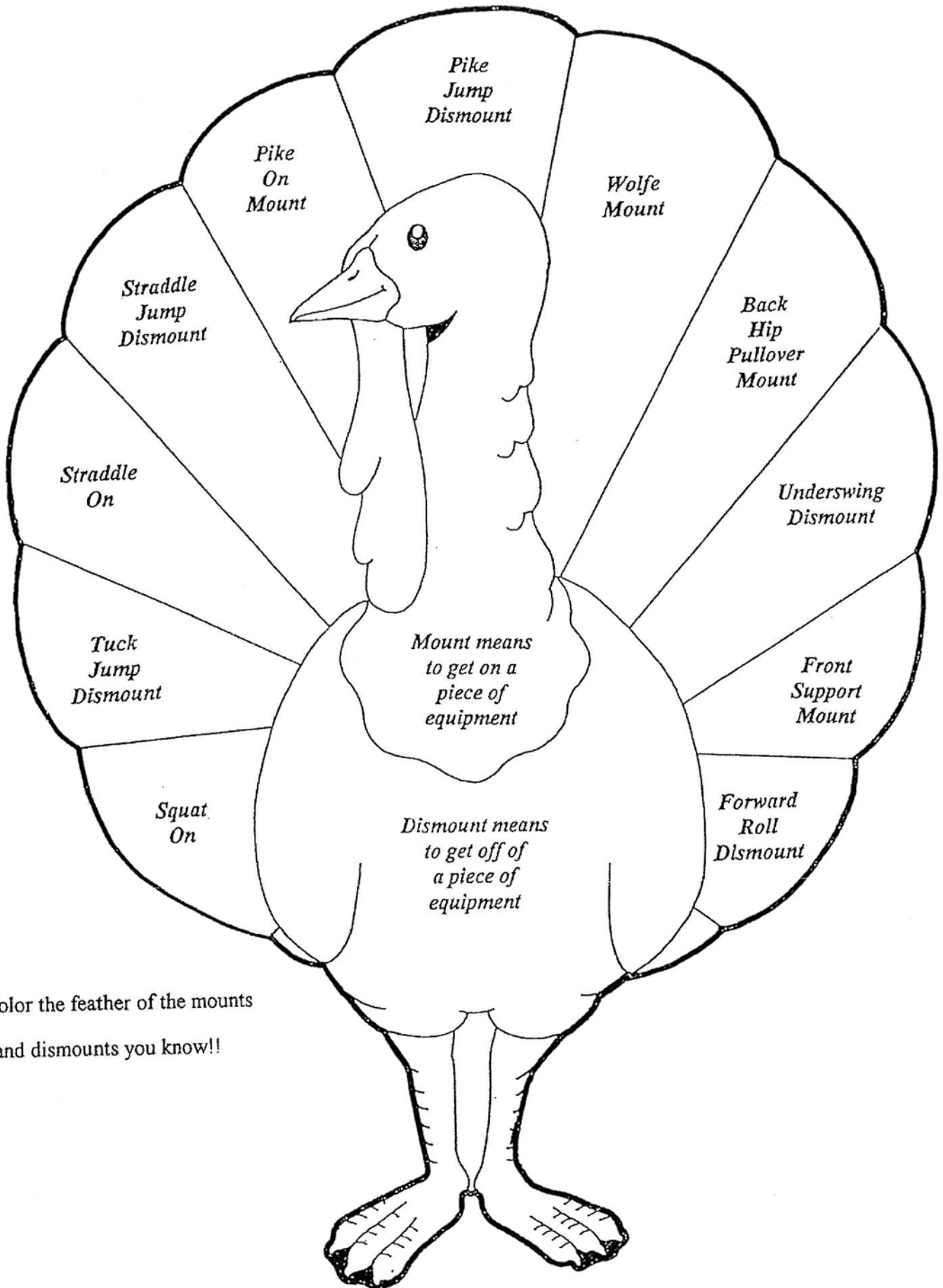


Next week wear you  
costume to class...  
no masks and limited make-up  
We'll still do gymnastics!!!



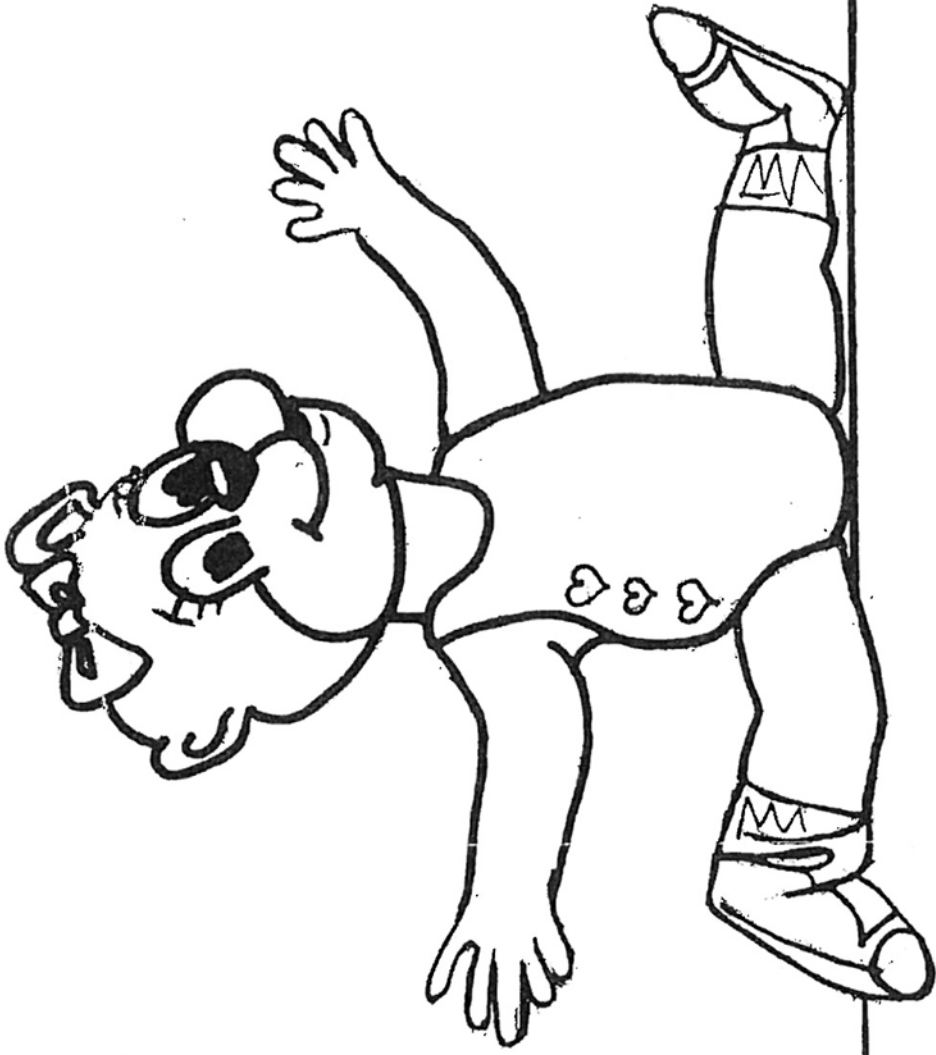
Next week wear you  
costume to class...  
no masks and limited make-up  
We'll still do gymnastics!!!

# Tom the Mount and Dismount Turkey



Color the feather of the mounts  
and dismounts you know!!

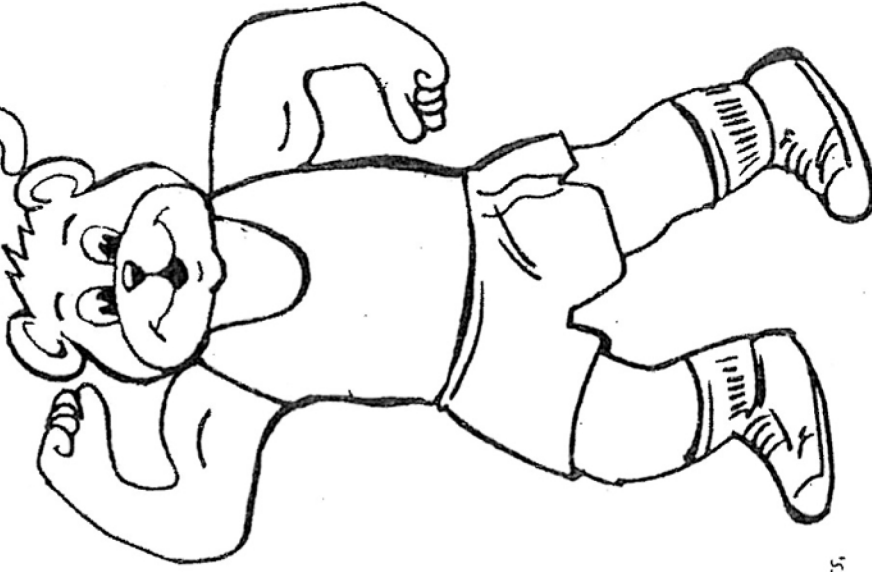
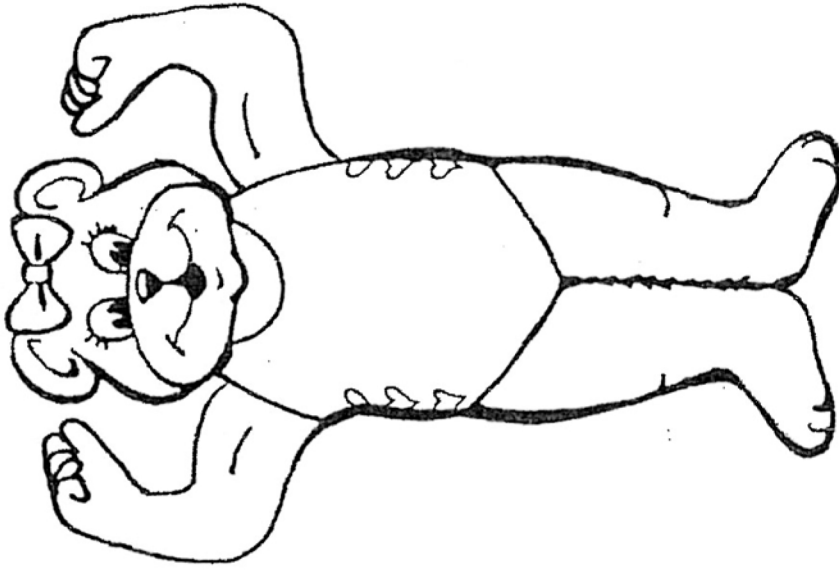




I can do the splits like the bear!



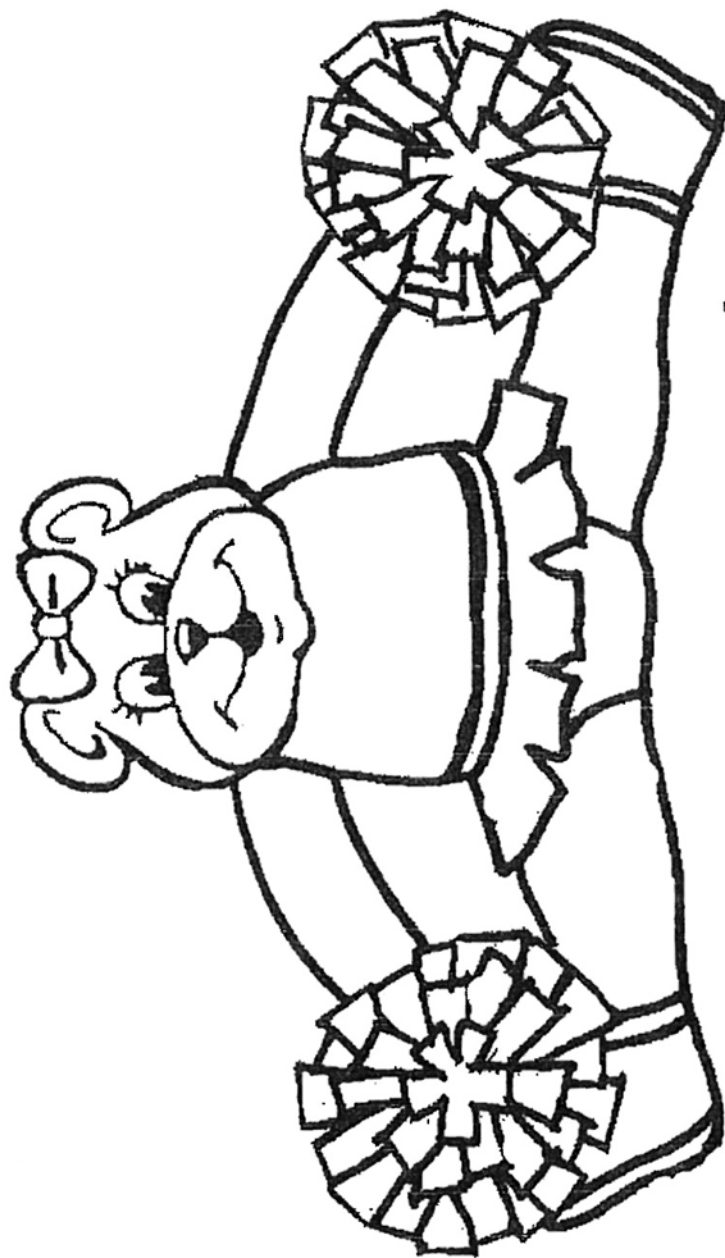
I'm A Healthy



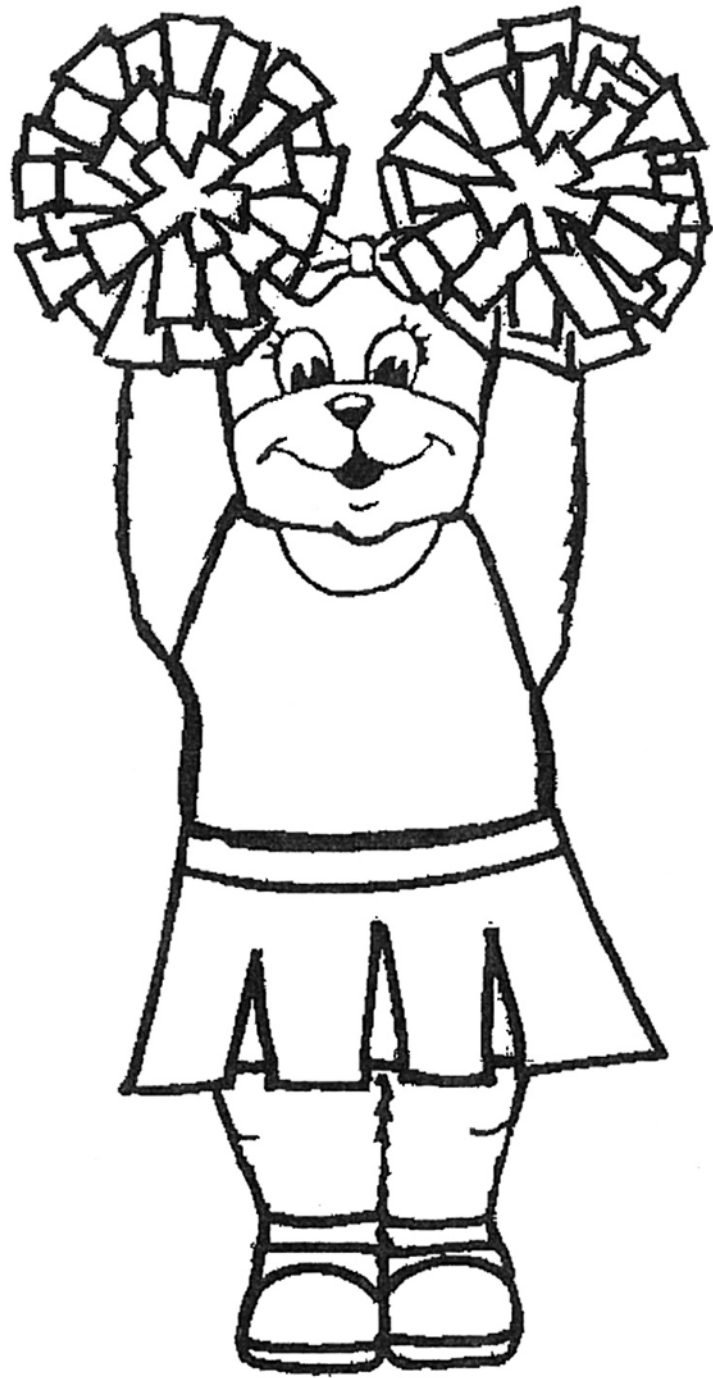
 Patti's  
All-American  
*The Leader in Gymnastics,  
Dance, and Swim*

Tumblebear  
Attitude - Exercise - Nutrition - Rest

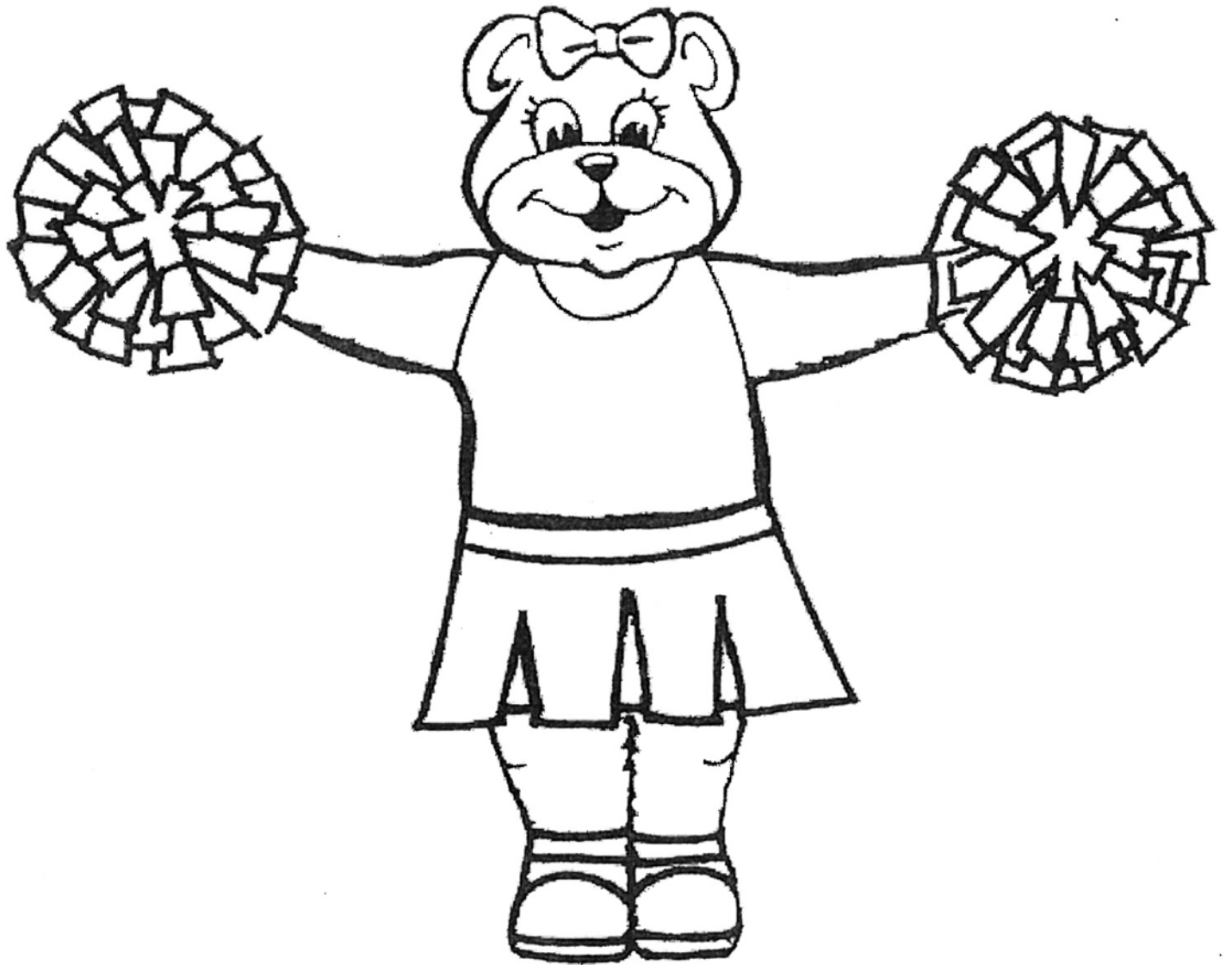
1530 Joliet Street, Dyer, IN 46311 \* (219) 865-2274 \* [www.pattisallamerican.com](http://www.pattisallamerican.com)



Toe Touch



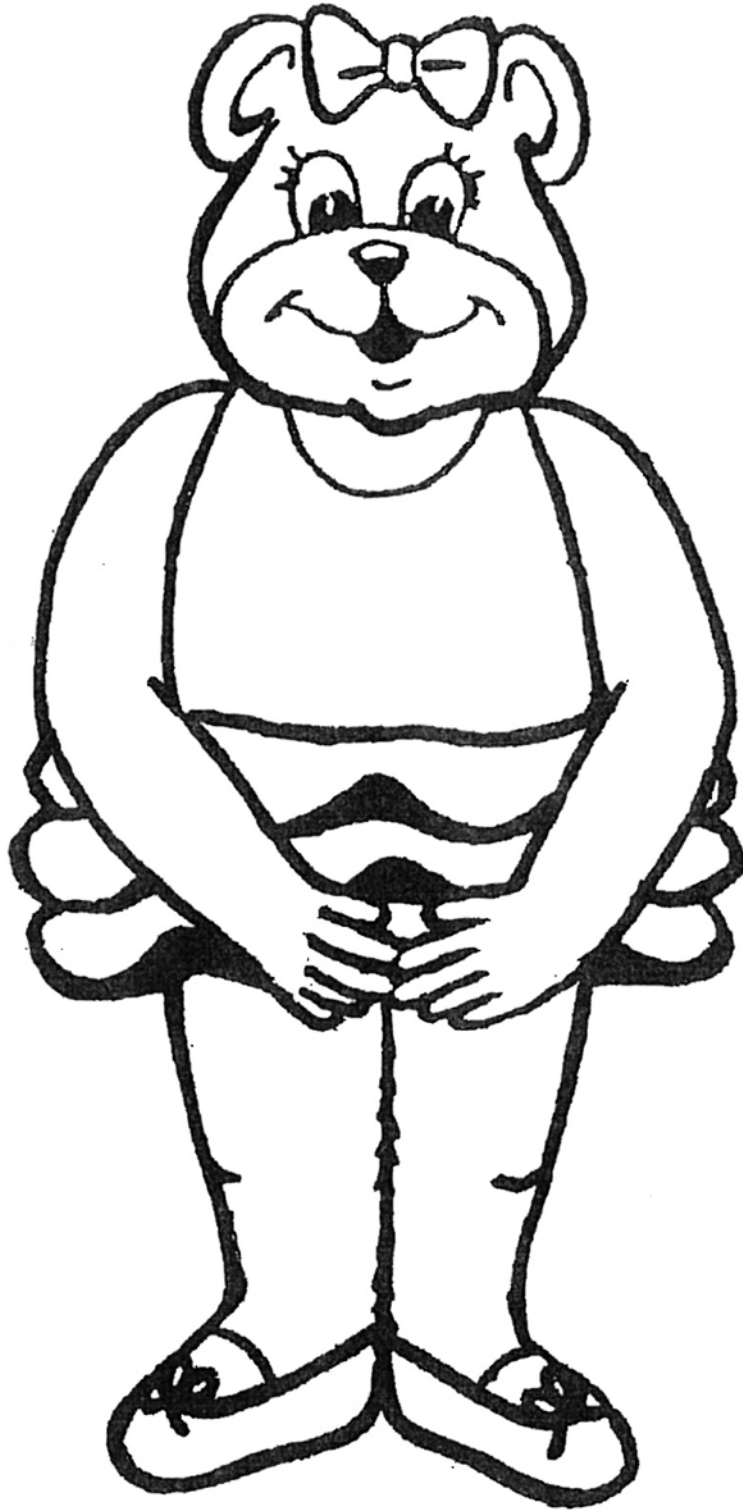
Touchdown



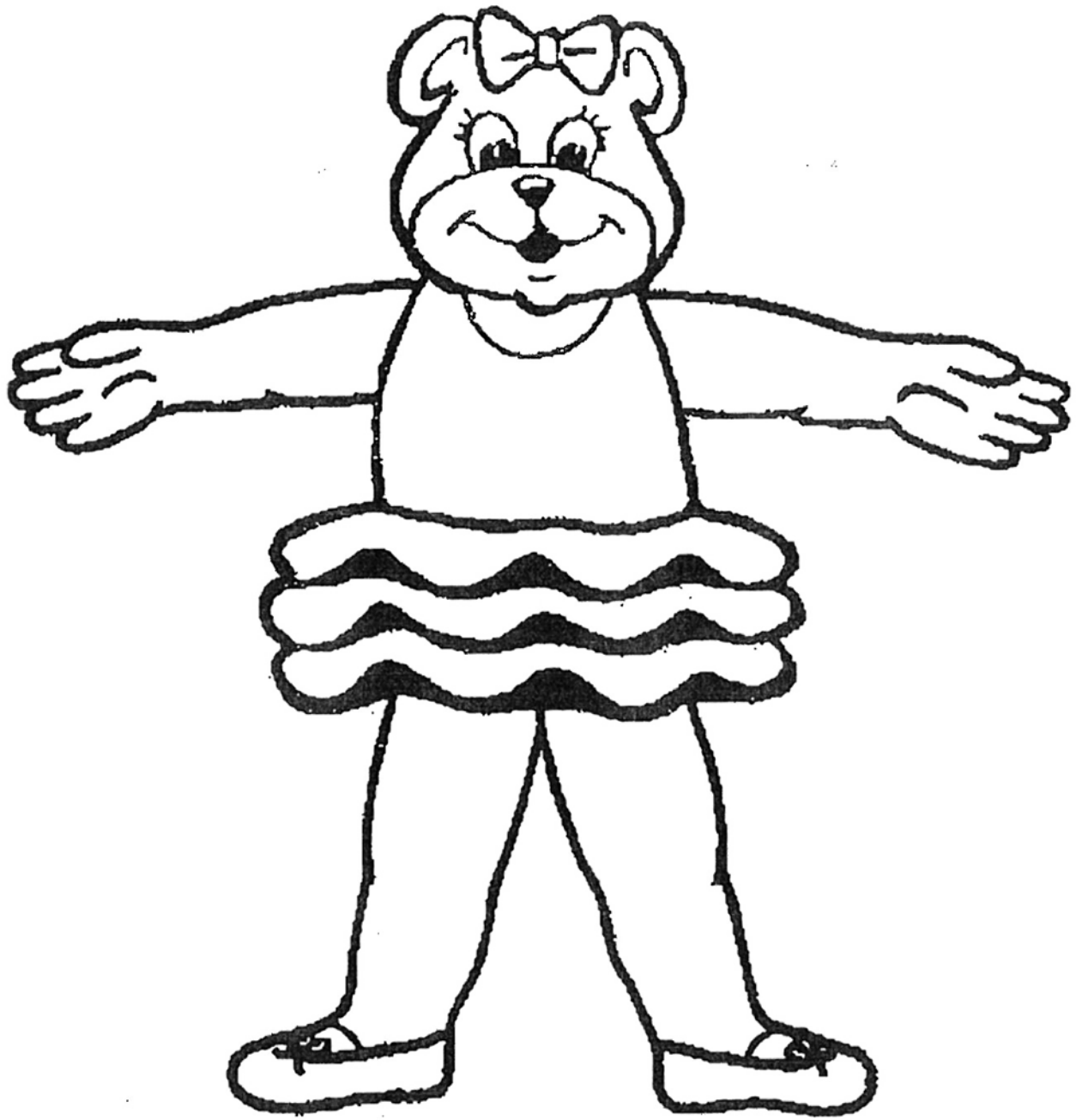
"T"



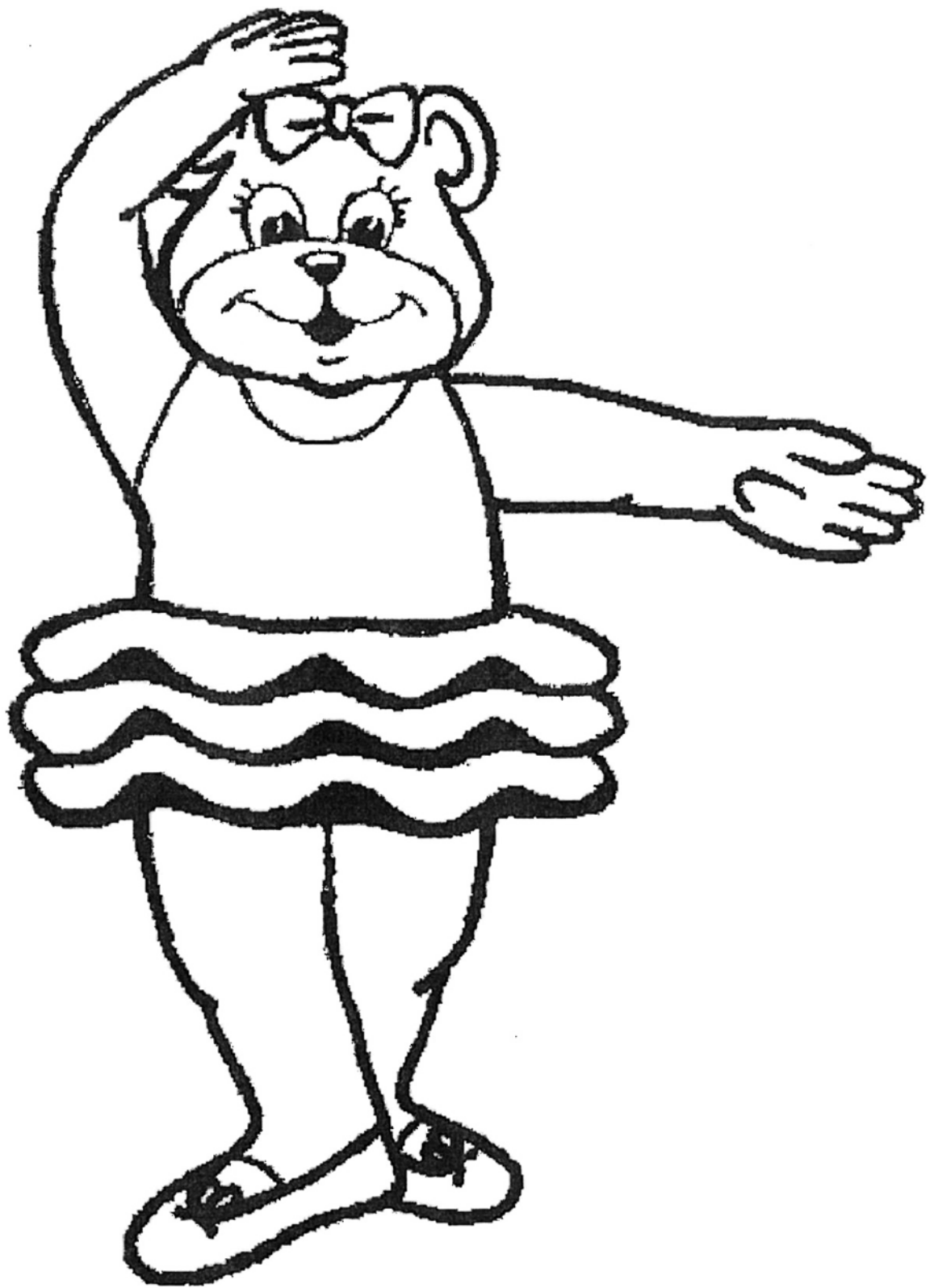
High "V"



**First Position**

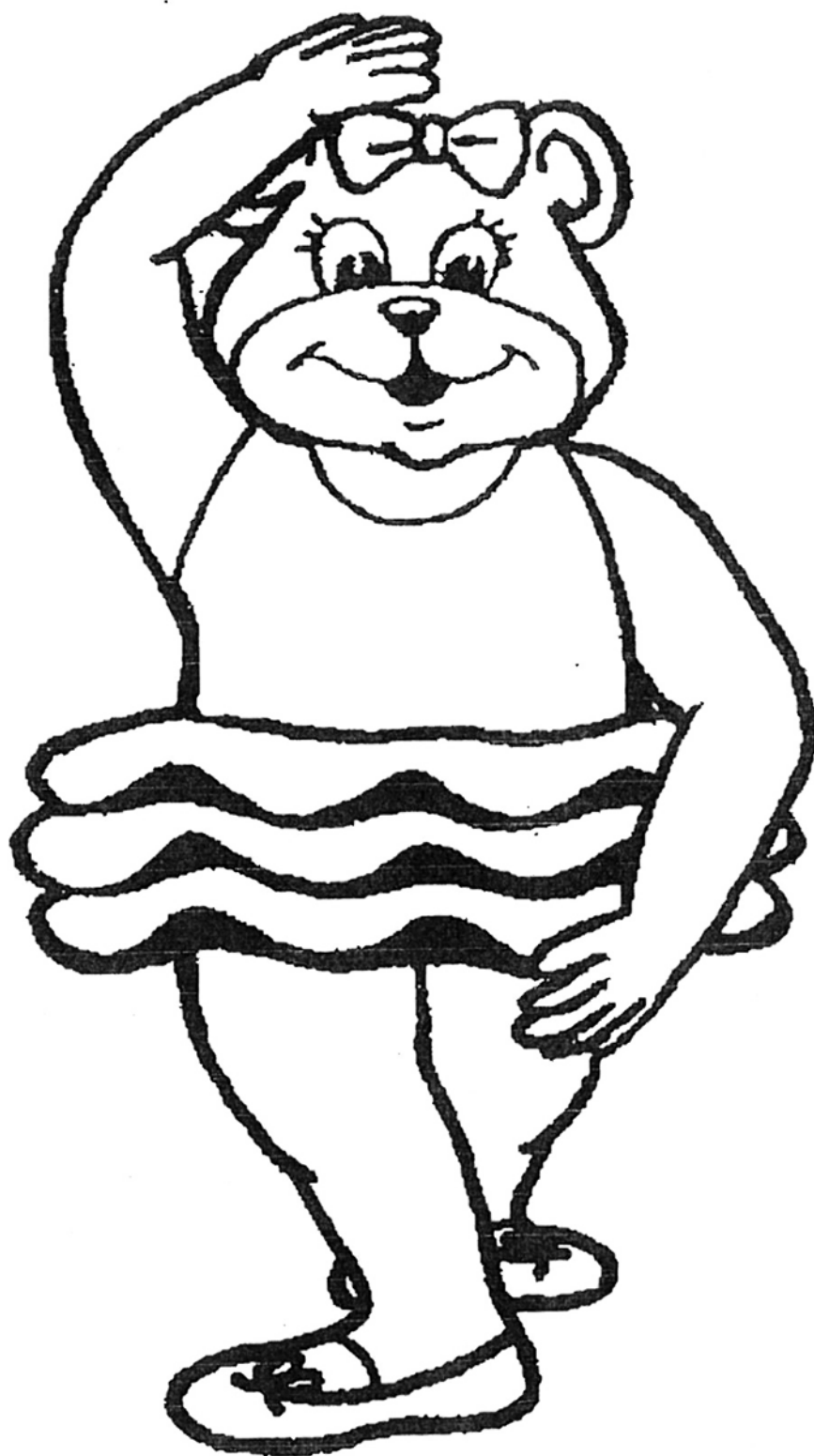


**Second Position**



**Third Position**





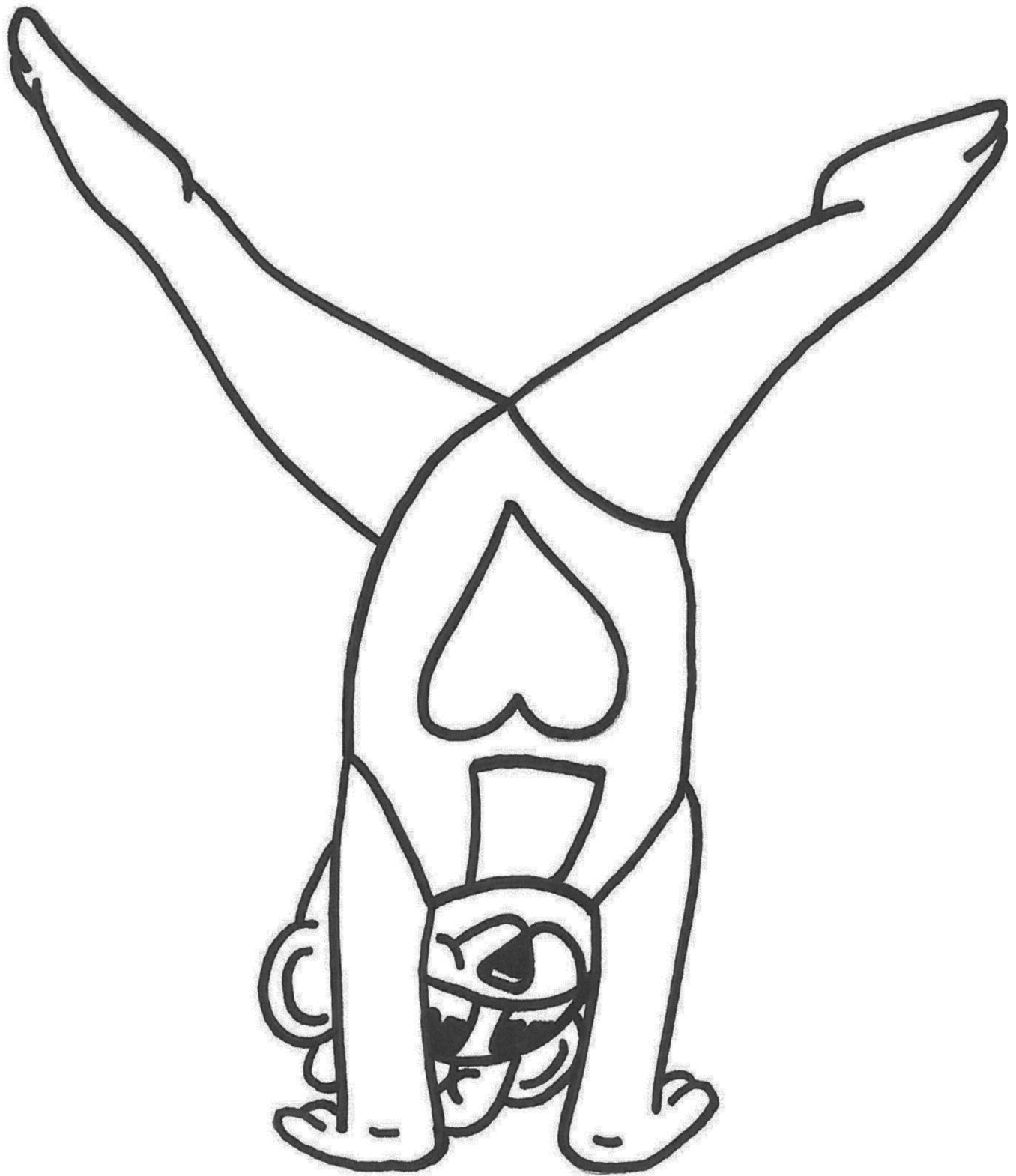
Fourth Position



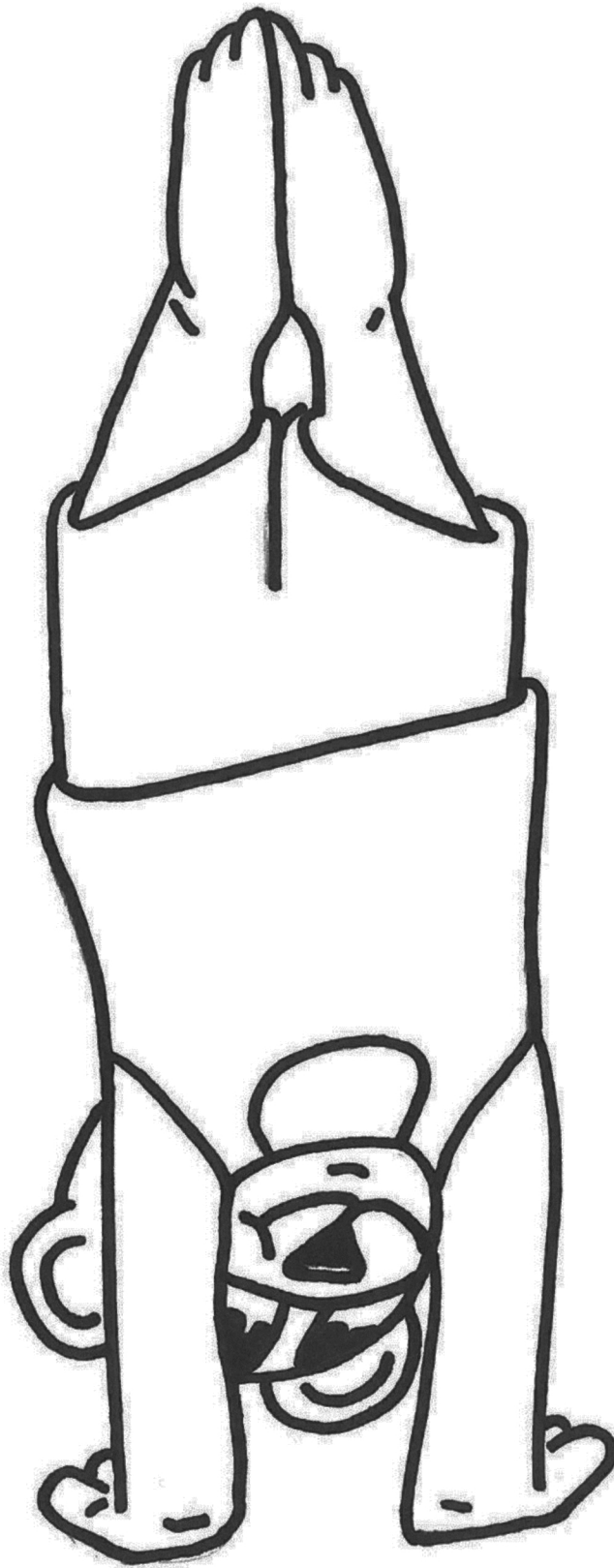
Fifth Position



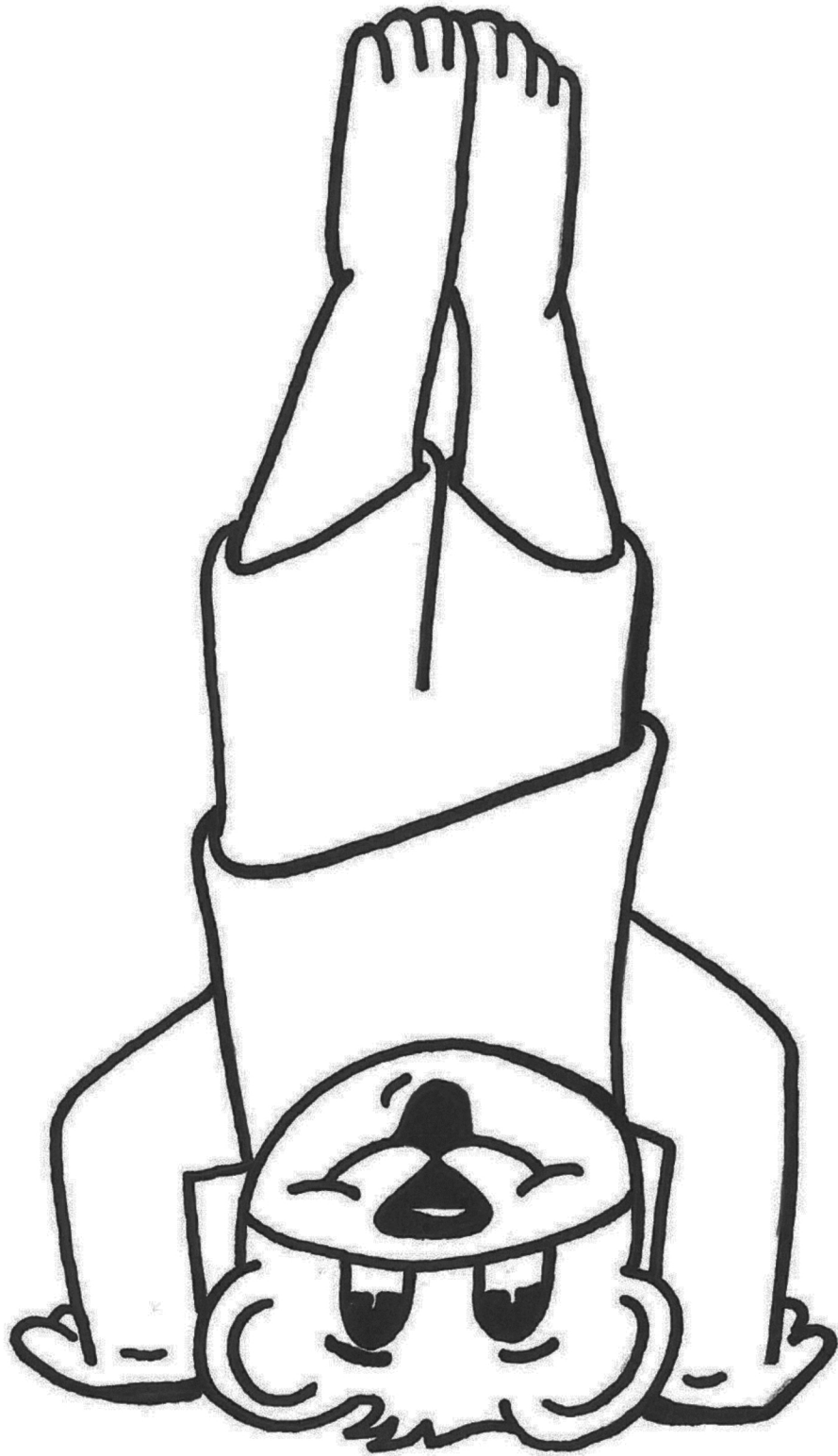
Forward Roll



Cartwheel



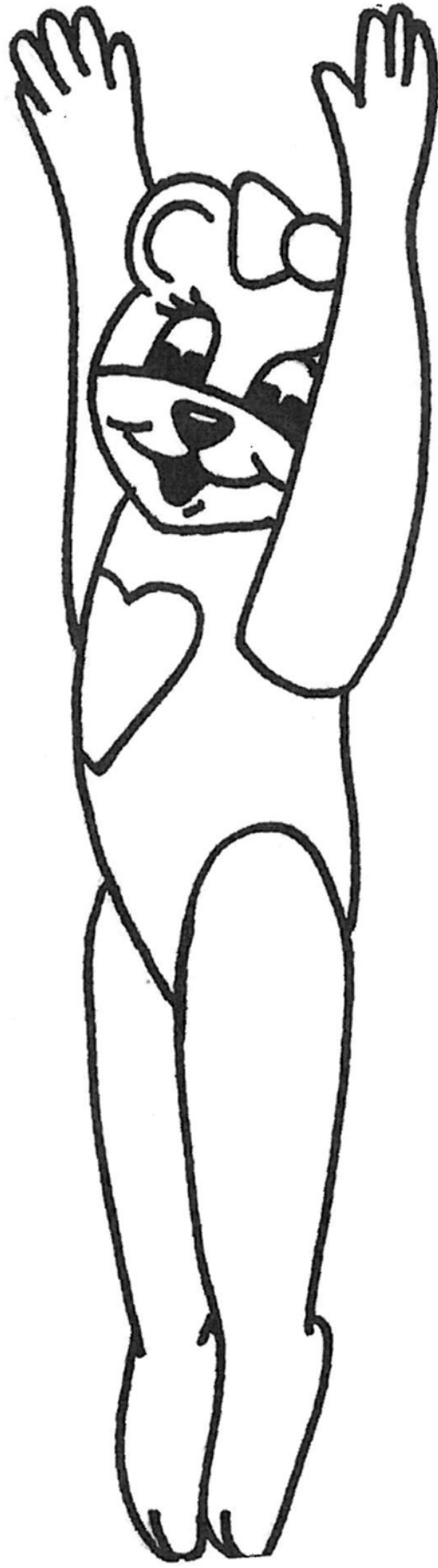
Handstand



Headstand



Straddie Roll



LOOSE FRODO





Split Leap



Stag Jump



Tuck Jump



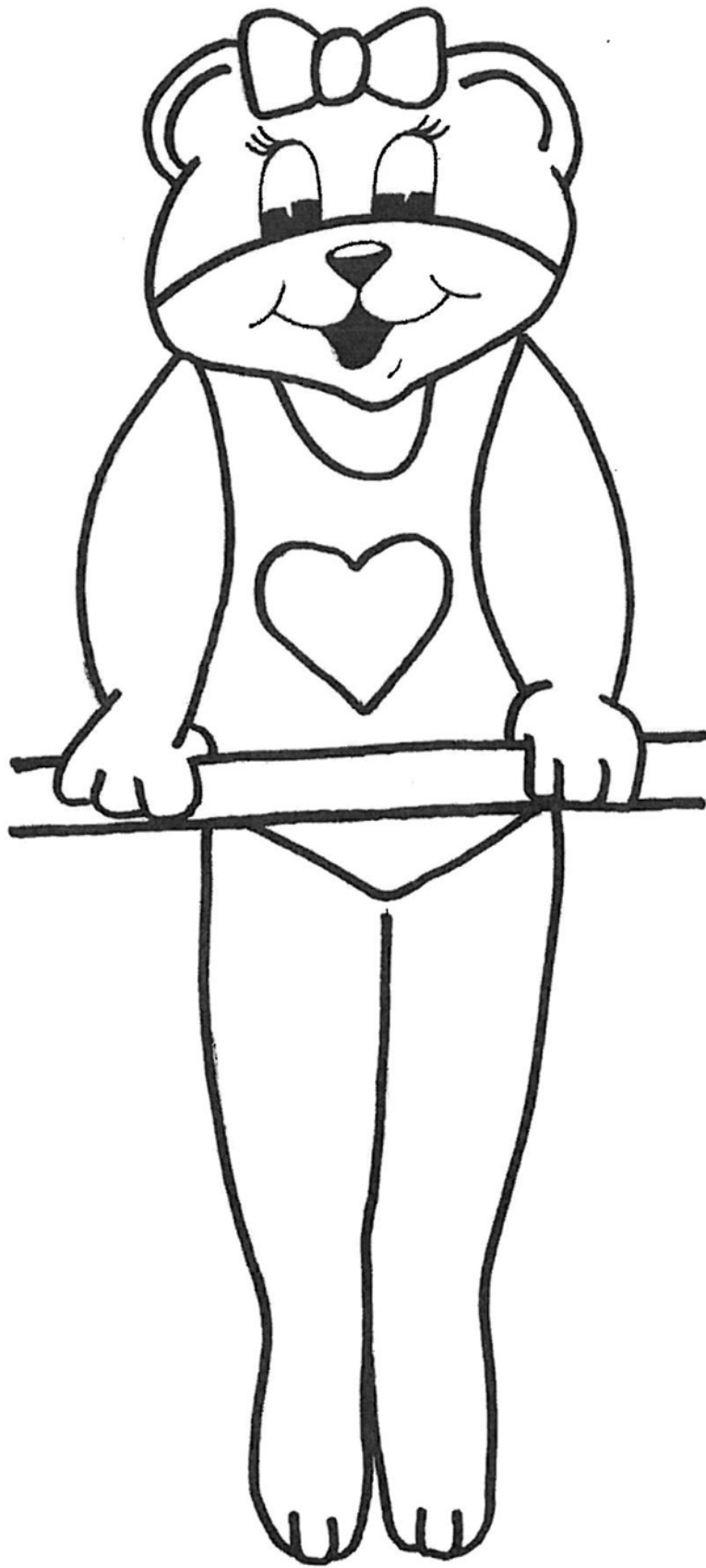
Pike Jump



Straddle Jump



Star Jump



Front Support



L-Kicks

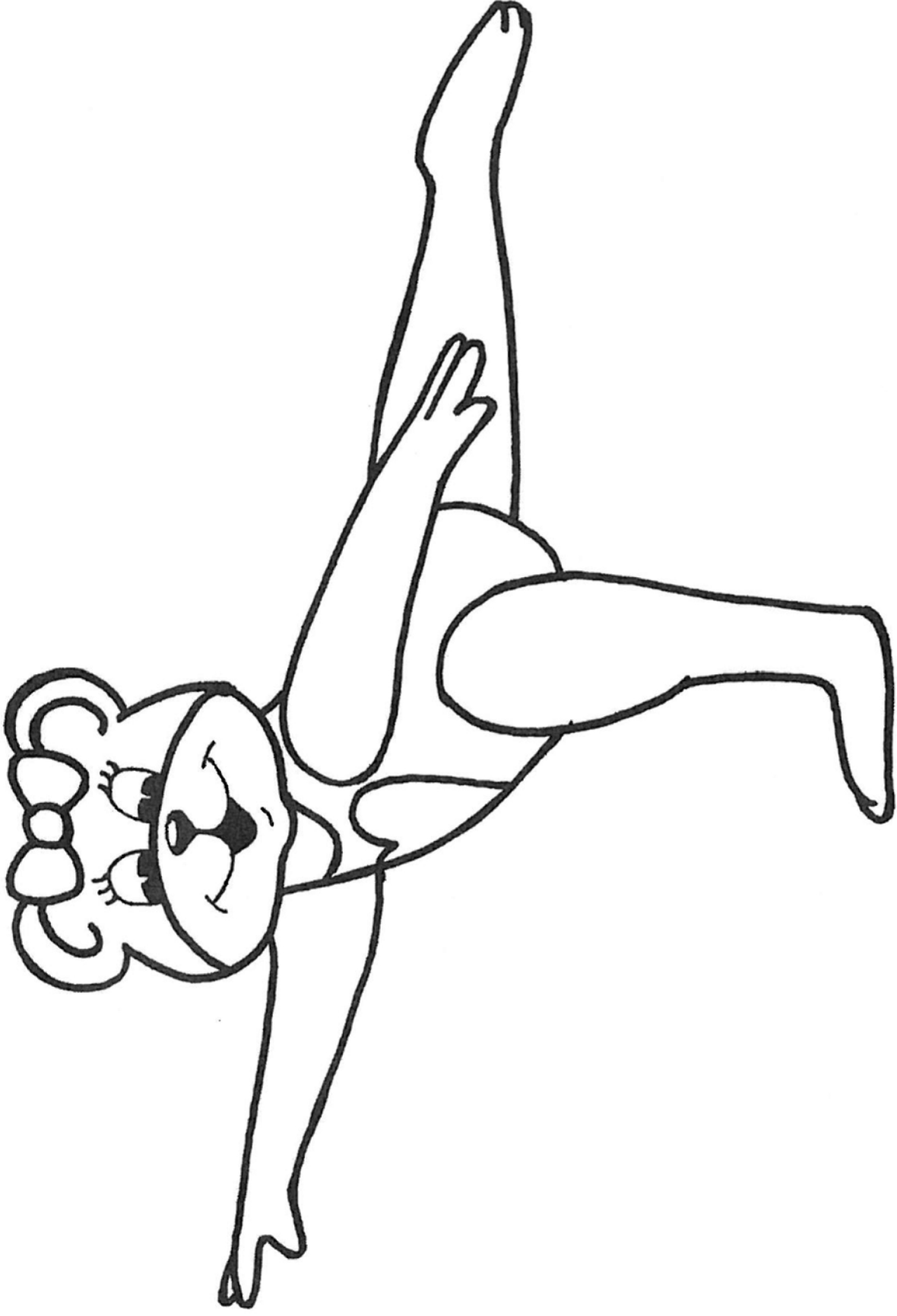




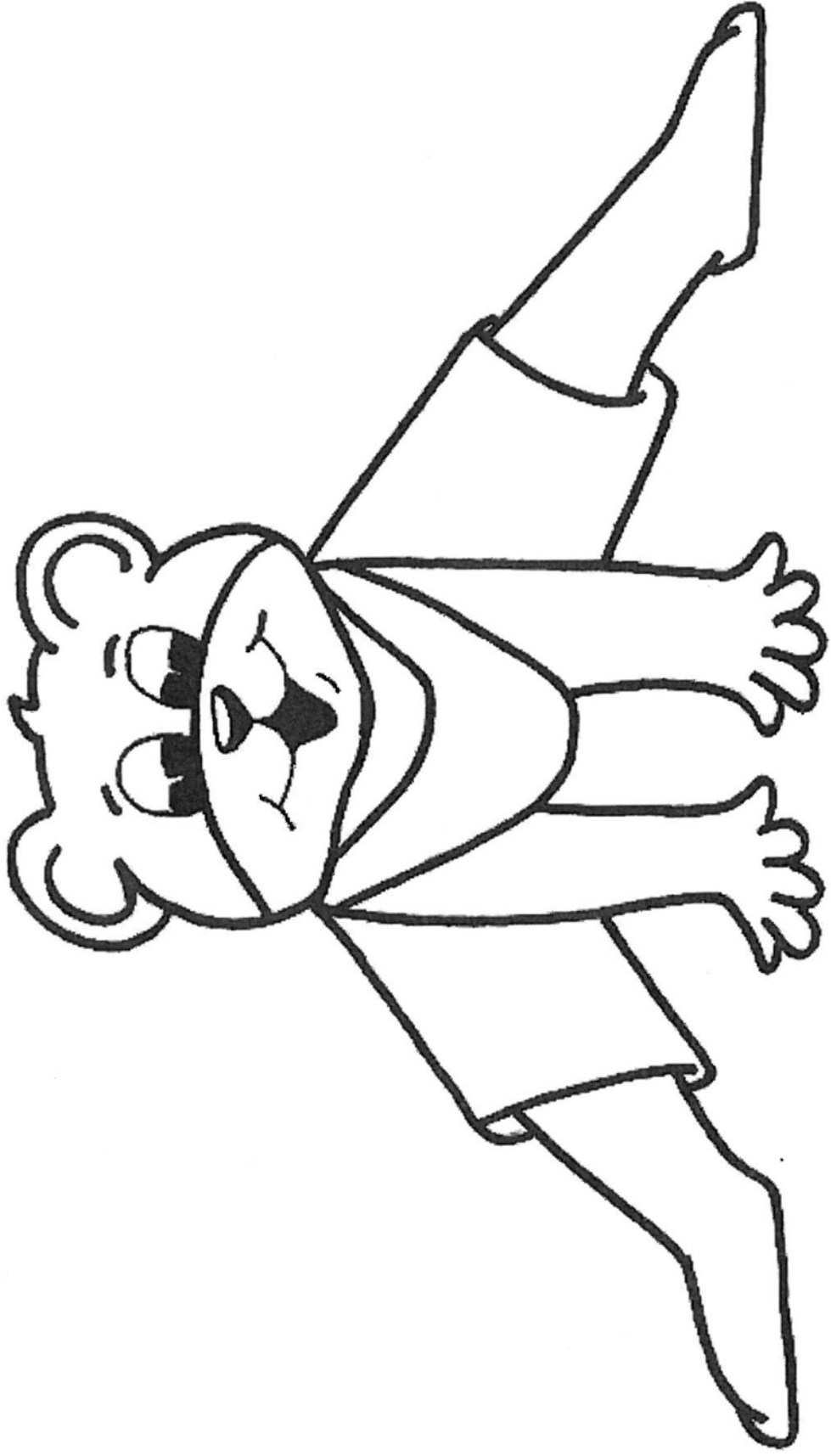
Knee Sealie



Step-Stag



Front Scale



Straddler Mount

# Frankie and Freddy's Matching Game

Draw a line from the exercise to the matching picture and then color these cute bears.

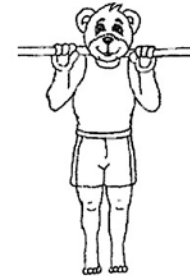
Push-Ups



Jogging



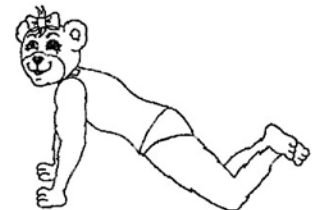
Sit-Ups



Half Knee Bend



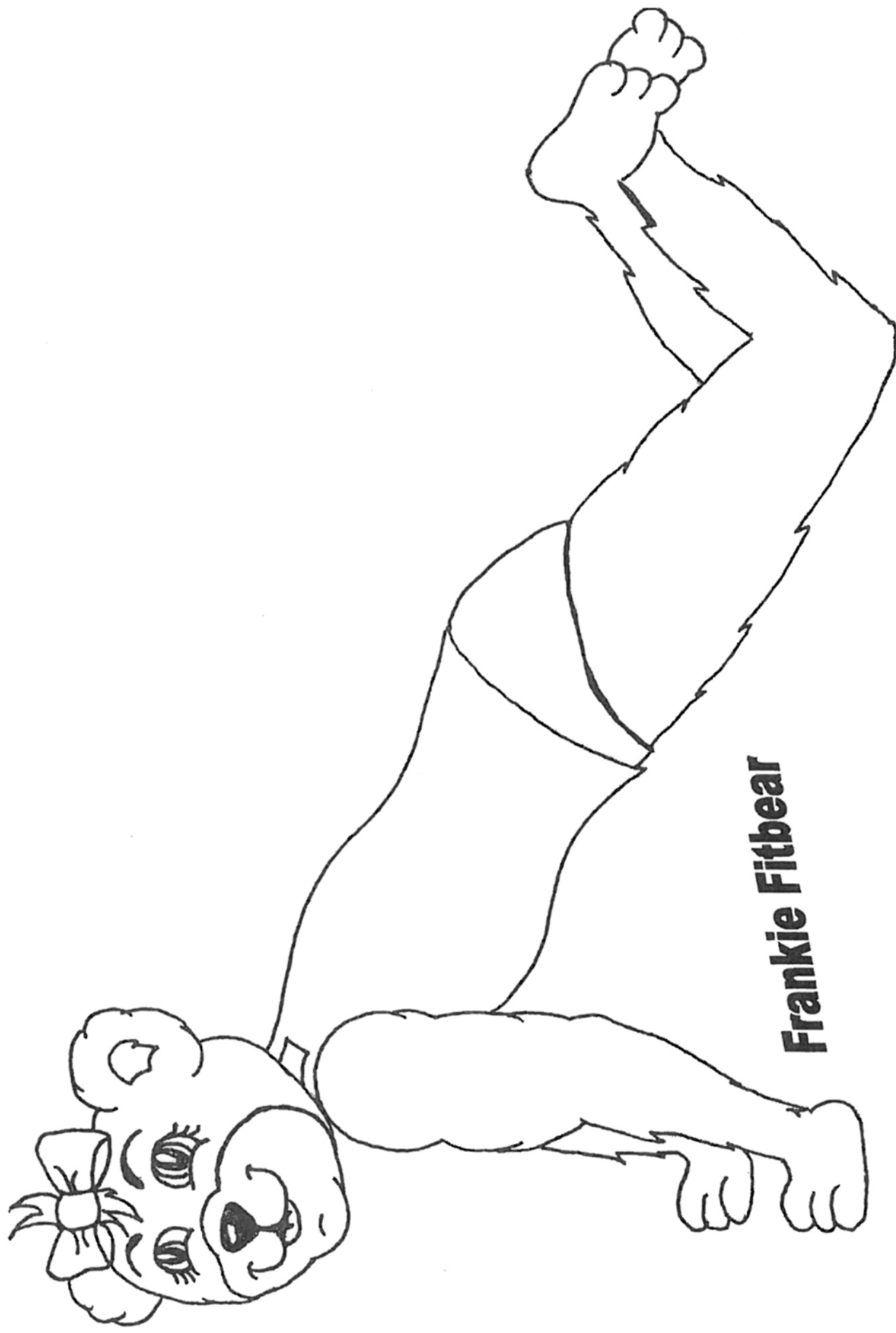
Chin-Ups



Hang In Tuck

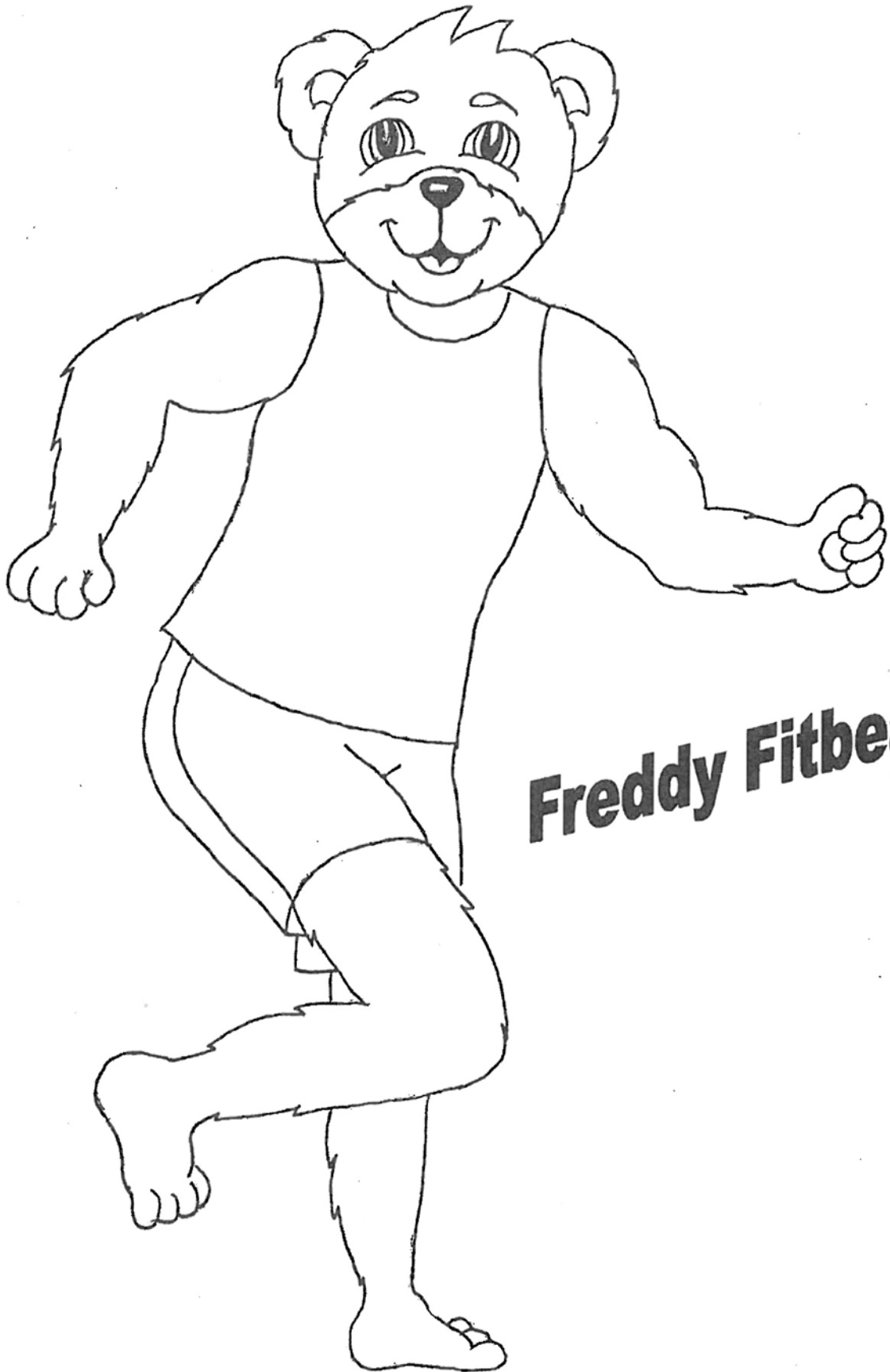


# Push-Ups



**Frankie Fitbear**

# Jogging



**Freddy Fitbear**

# Sit-Ups



**Frankie Fitbear**

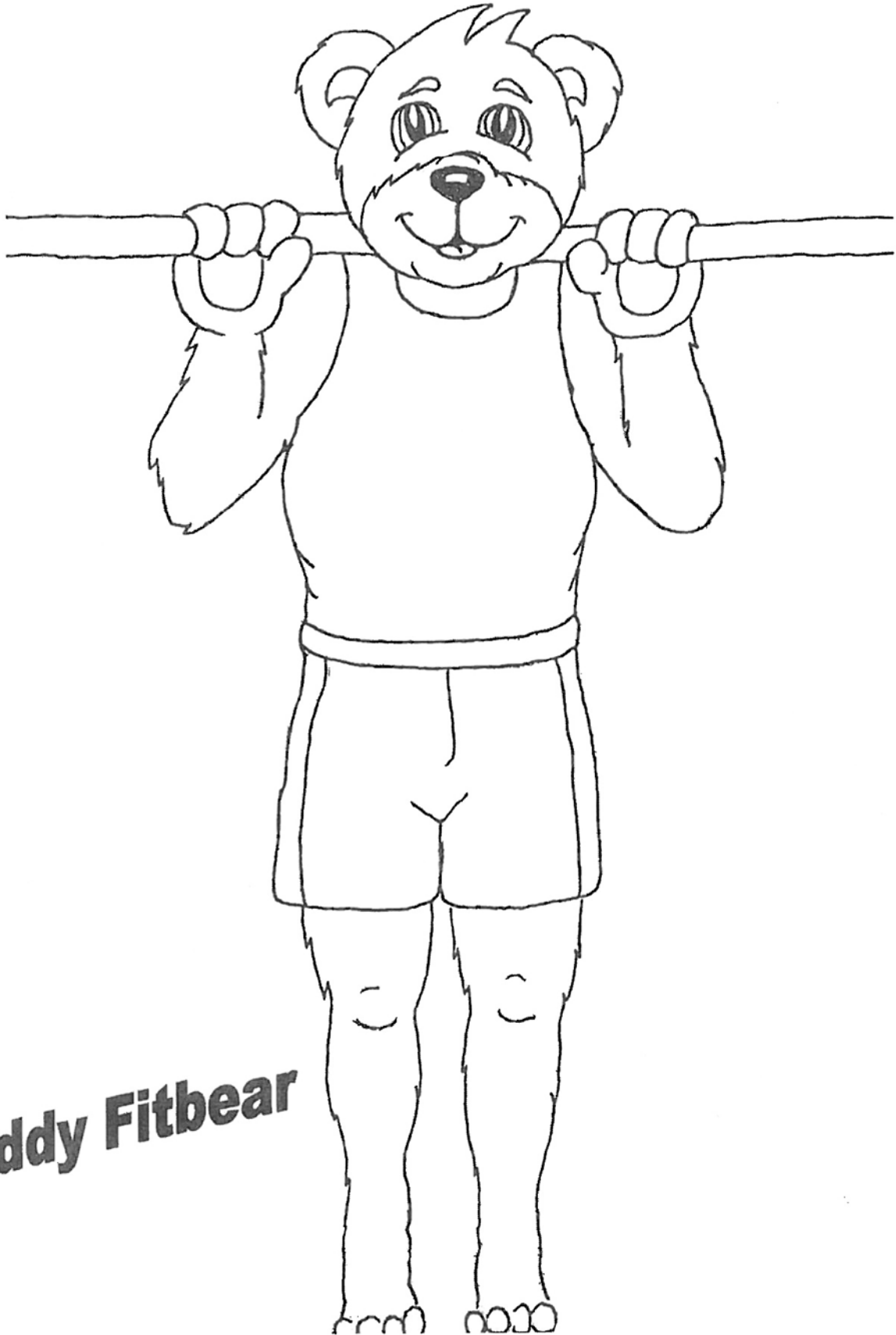


# Half Knee Bend



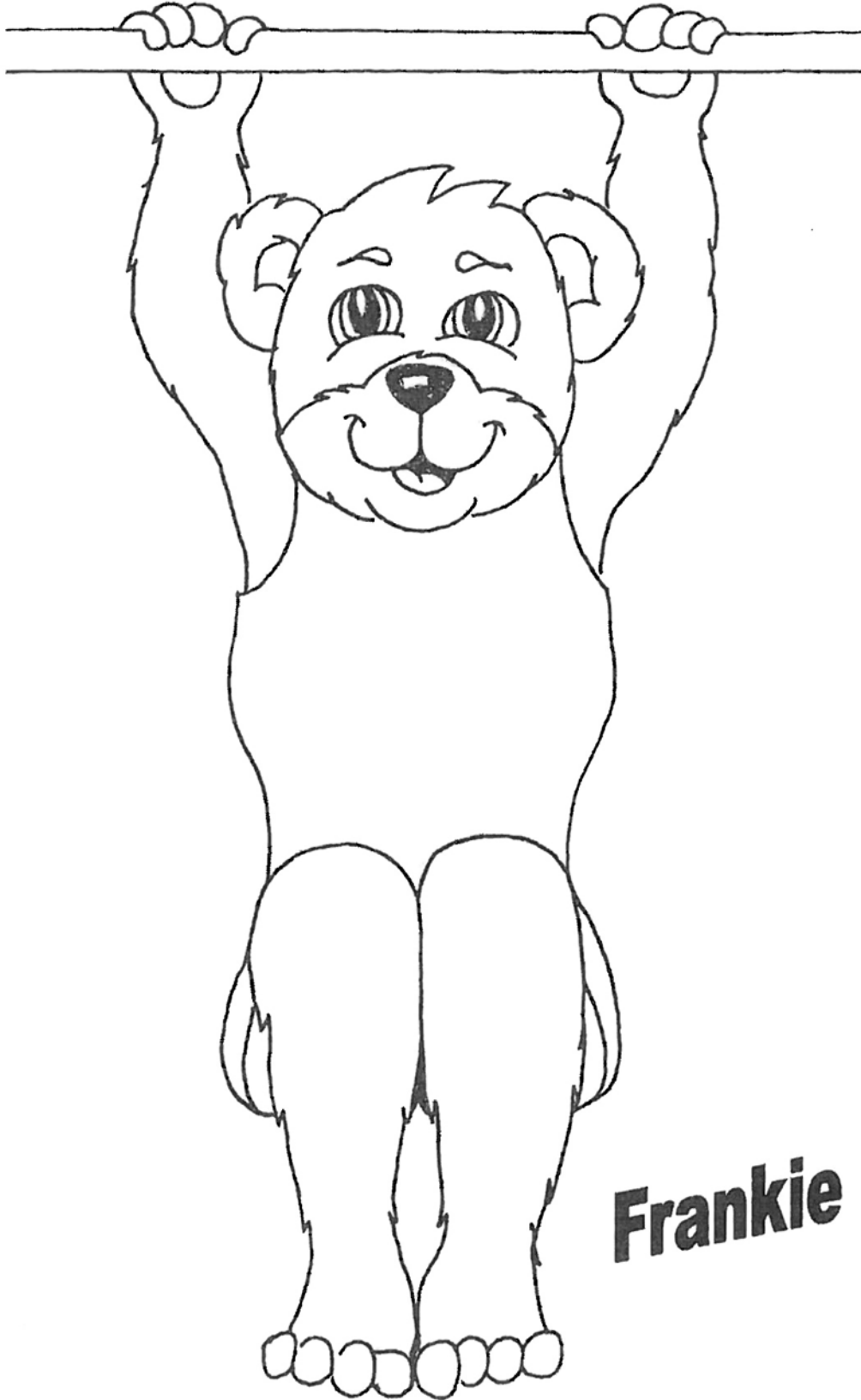
**Frankie Fitbear**

# Chin-Ups

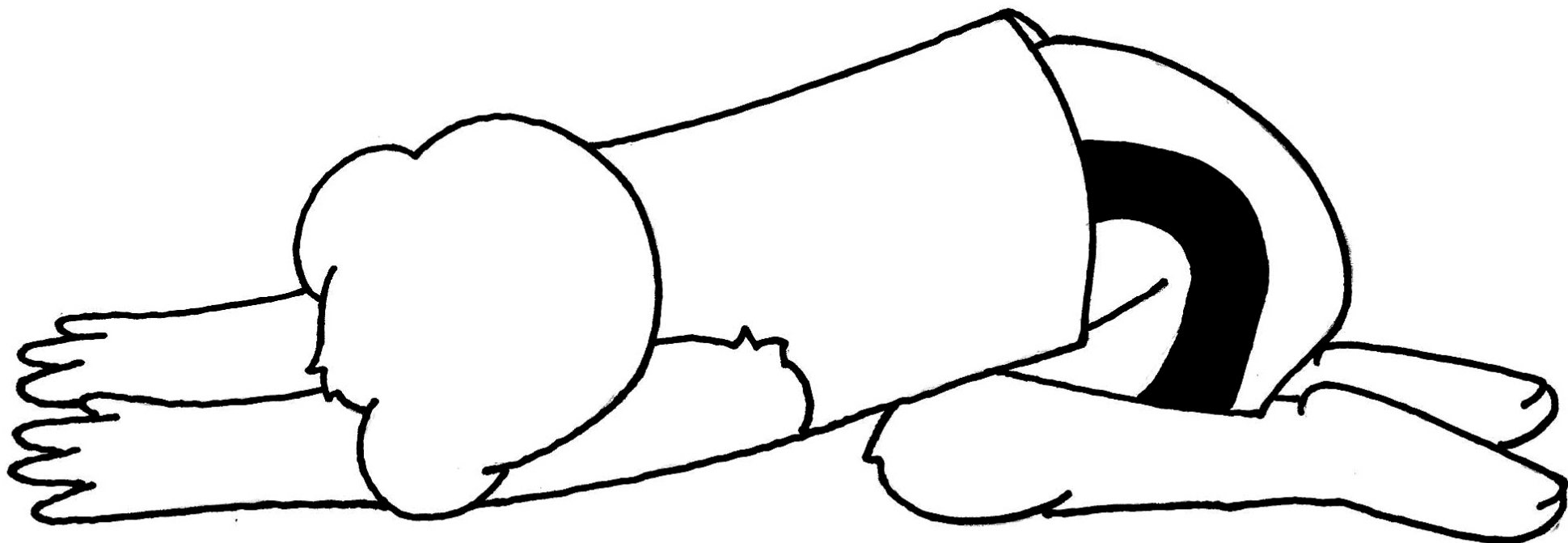


**Freddy Fitbear**

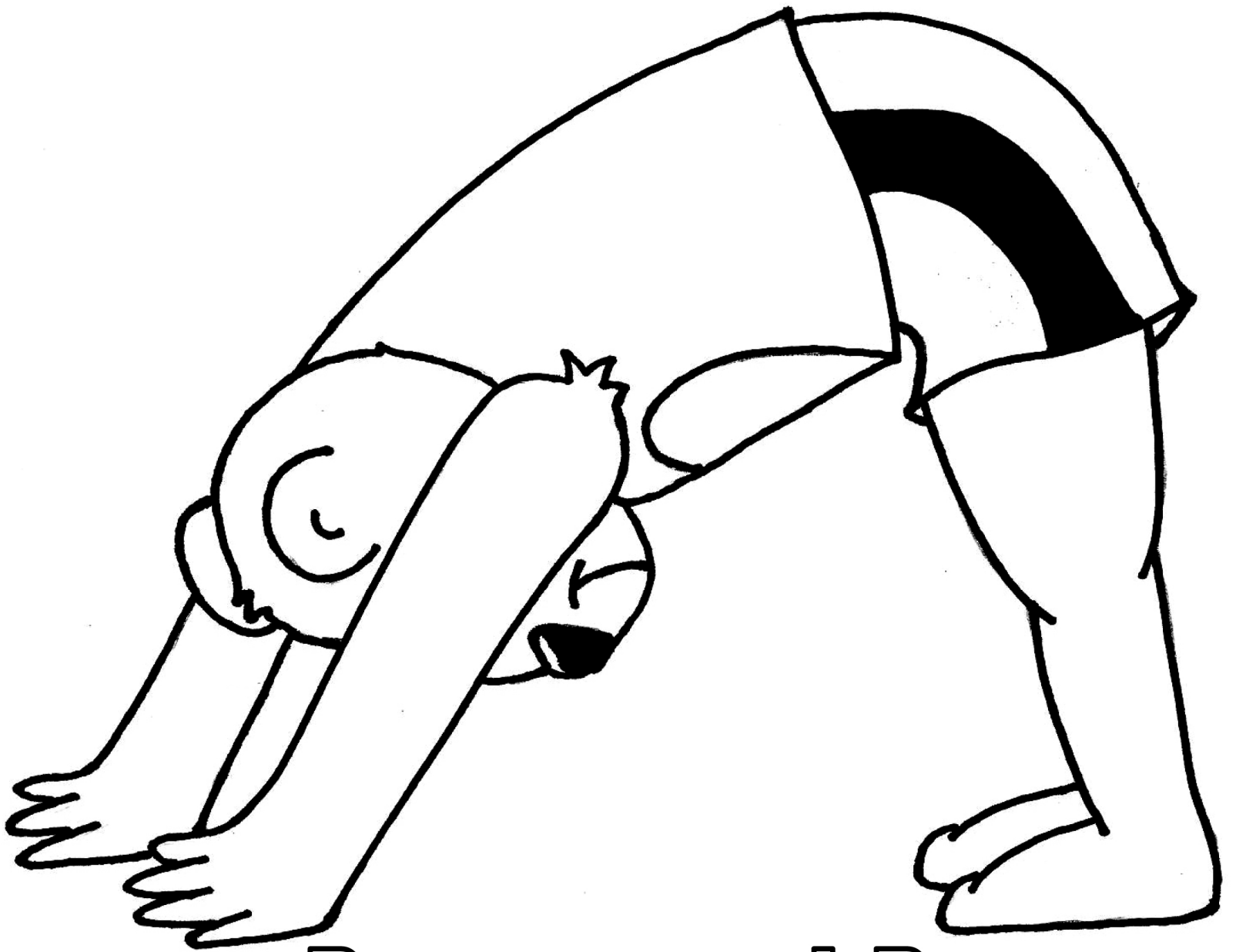
# Hang in Tuck



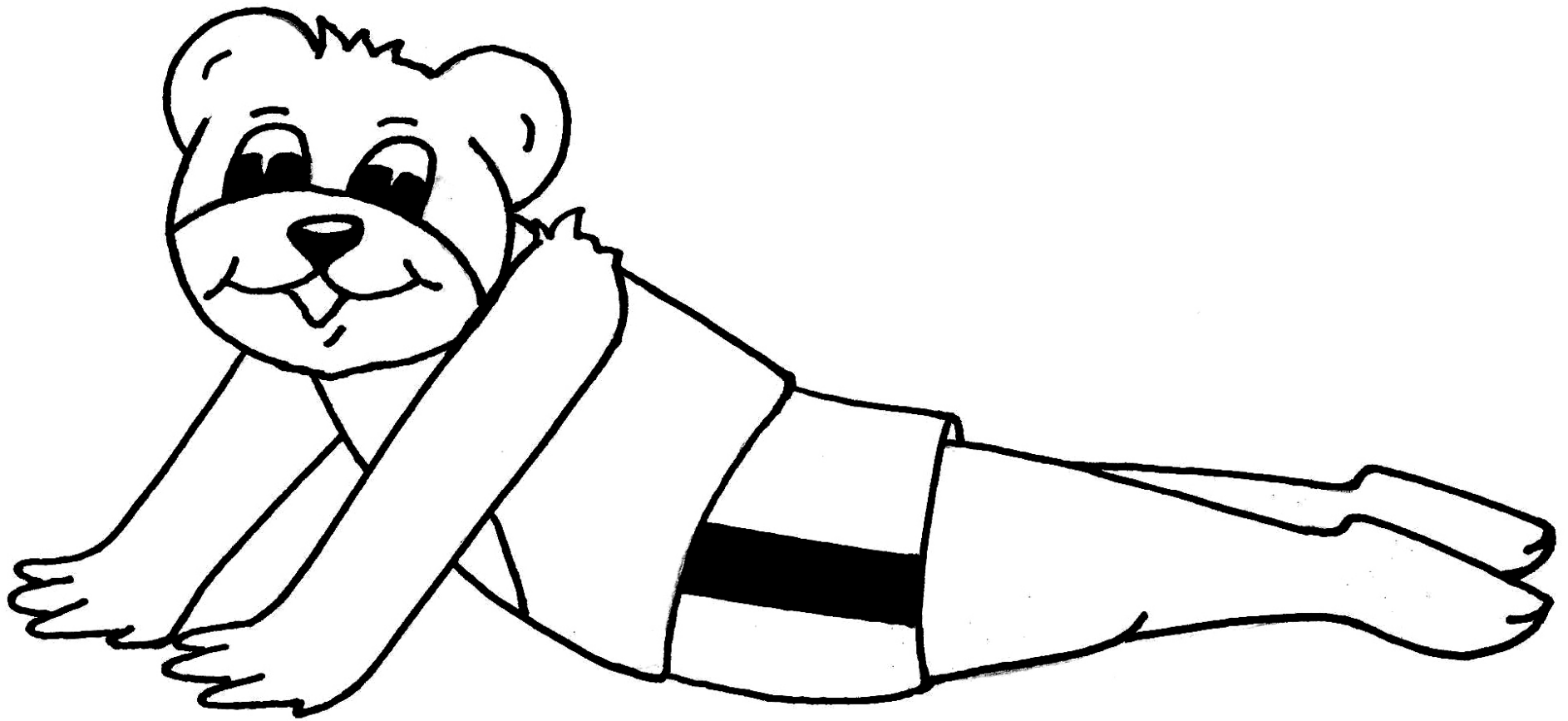
**Frankie Fitbear**



Child's Pose



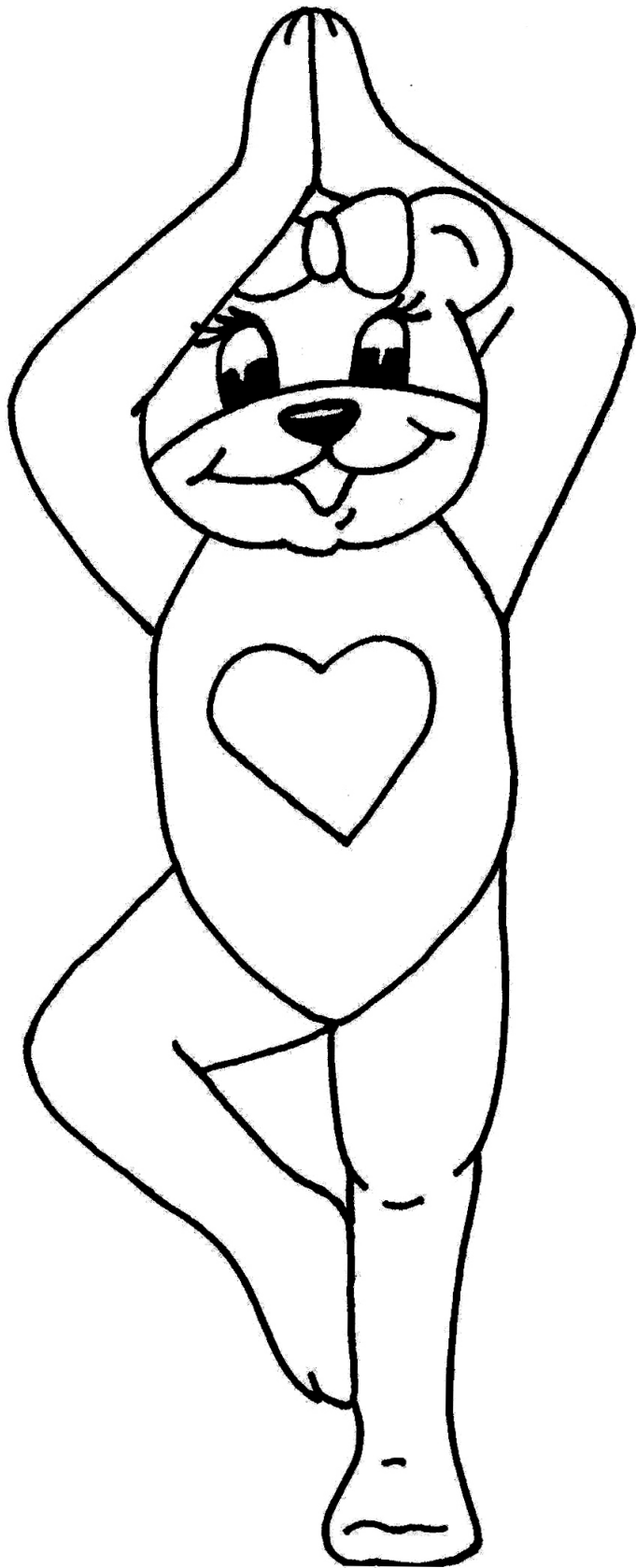
Downward Dog



Cobra



Camel



Tree



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## #713 Tumblebear® Coloring Book

**52 pages of preschool gymnastics, dance, cheerleading, and educational coloring pages for you to put your logo on and use in your gym or dance school immediately.**



### About the Author

In 1969, Patti Komara founded Patti's All-American Gymnastics in Dyer, Indiana and it has since become one of the most successful gyms with gymnastics, dance, swimming, Ninja Zone, and a fitness-based educational preschool called Gym-N-Learn.

Patti began speaking at national seminars in 1981 on preschool and school-age gymnastics and the business of owning a gymnastics school. Patti has spoken for Purdue University and national seminars for AAHPERD, AAAYC, USAIGC, IDEA, and USA Gymnastics. She started her national seminars in 1986.

In the same year, she also began filming her speeches and founded Patti Komara's Tumblebear Connection. Patti has since produced more than 120 instructional DVDs for instructors and owners. She sells books on yearly lesson plans for the internationally known Tumblebear Gym Program, School-age Gymnastics, Dancing Gym Bears, Yoga Bears, CheerBears, and Gym-N-Learn Educational Preschool. Patti has also written over 50 articles on the gymnastics business for industry magazines as well as authors a bi-weekly blog and weekly e-blasts tips to her over 9,000 subscribers.

In 1995 Patti was selected by USA Gymnastics to be a member of the committee that created the KAT preschool gymnastics certification program and co-authored the KAT workbook. In 2003 she was named USA Gymnastics Business Leader of the Year. In 2005 Patti was selected as Client of the Year by Action International and in 2006 was given the National Service Award by USA Gymnastics at their annual business conference. In 2010 she was one of five other gym owners named to the USA Gymnastics Task Force. In 2011 she was one of 14 named to the USA Gymnastics Business Advisory Team. In 2014 Patti was awarded by USA Gymnastics the "Club Owner of the Year" award. In 2016 she won "Innovator of Year" by the Society of Innovators of Northwest Indiana.

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