



Trampolining Proficiency Awards

Level 10

Minimum pass requirement: 75% completed

1. Back landing half twist to back landing to feet.
2. Hands and knees forward turnover with tuck and extension to seat landing, to feet.
3. Front somersault tucked.
4. Back landing, full twist to feet.
5. Full twist to back landing.
6. Seat landing full twist to seat landing (roller) .
7. Back landing, back pullover to feet.
8. Back somersault (T).
9. Front landing half turn to front landing (turntable).
10. Review all moves on Grade 9.

Routine:

Full twist jump, straddle jump, seat landing half twist to seat landing, half twist to feet, pike jump, back landing, half twist to feet, tuck jump, front somersault.

