



Trampolining Proficiency Awards

Level 12

Minimum pass requirement: 75% completed

1. Back somersault (S).
2. Back s/s to seat landing (T), half twist to feet.
3. Back s/s (T), back landing.
4. $\frac{3}{4}$ back s/s (S) [lazy back].
5. Back somersault (P).
6. Barani (T).
7. Barani (Straight legs - ie Piked or straight).
8. Back landing full twist to back landing (cat twist).
9. $\frac{3}{4}$ front s/s (S) [crash dive].
10. $\frac{3}{4}$ front s/s (S), bounce roll.
11. $1\frac{1}{4}$ front somersault to front landing (T).
12. Back s/s (T), front s/s (P).
13. Review all moves on Grade 11.

Routine:

Back s/s (T), straddle jump, $\frac{1}{2}$ twist jump, tuck jump, back s/s to seat, $\frac{1}{2}$ twist to feet, tuck jump, back s/s (T), pike jump, front s/s (P).