



Trampolining Proficiency Awards

Level 15

Minimum pass requirement: 75% completed

1. 1 $\frac{3}{4}$ front s/s (T).
2. Front s/s with 1 $\frac{1}{2}$ twist [Rudi].
3. $\frac{3}{4}$ front s/s with full twist to back landing.
4. $\frac{3}{4}$ front s/s (S), 1 $\frac{1}{4}$ front s/s (P) with half twist to feet.
5. Double back s/s (T).
6. $\frac{3}{4}$ back s/s (S) to front landing, Cody (T), back s/s (T).
7. Back s/s with full twist (S).
8. Back landing double full twist to back landing.
9. Front s/s with a full twist (S).
10. Half twist into $\frac{3}{4}$ front s/s (S), ball out barani (T).
11. $\frac{3}{4}$ front s/s (S), front s/s with 1.5 twists (S).
12. Back s/s (S), front s/s with 1.5 twists (S).
13. Review all moves in Grade 14.

Routine:

Full twisting back s/s , Barani (S), Back s/s (P), straddle jump, Back somersault(S), Barani (T), Back somersault (T), $\frac{3}{4}$ front s/s (S) , Barani ball out (T), Front somersault (T).