



Trampolining Proficiency Awards

Level 4

Minimum pass requirement: 75% completed

1. Seat landing, returning to feet and showing correct positioning of hands.
2. Link 2 half twist jumps and stop.
3. Hands and knees to front landing.
4. Seat landing to feet, half twist jump.
5. Half twist jump, seat landing to feet.
6. Forward roll to sitting position.
7. Repeat a move five times, without any intermediate jump (swingtime).

Routine:

Seat landing to feet, tuck jump, half twist jump.