



Trampolining Proficiency Awards

Level 6

Minimum pass requirement: 75% completed

1. Seat landing half twist to feet.
2. Half twist to seat landing, to feet.
3. Full twist jump.
4. Front landing to feet.
5. Seat landing half twist to feet, seat landing to feet.
6. Pike jump.
7. Back landing on a mat.

Routine:

Straddle jump, seat landing to feet, tuck jump, half twist jump, pike jump, seat landing half twist to feet, straight jump, stop.