



Trampolining Proficiency Awards

Level 8

Minimum pass requirement: 75% completed

1. Front landing to seat landing.
2. Half twist to front landing.
3. Half twist to back landing.
4. Back landing half twist to feet.
5. Front landing half twist to feet.
6. Seat landing to front landing.
7. Full twist jump, seat landing to feet.
8. Five back bounces.
9. Review all moves on Grade 7.

Routine:

Front landing to feet, straddle jump, half twist jump, seat landing half twist to seat landing, half twist to feet, tuck jump, pike jump, full twist, stop.