



## Trampolining Proficiency Awards

### Level 9

**Minimum pass requirement: 75% completed**

1. Front landing straight to feet.
2. Front landing to back landing to feet.
3. Back landing straight to feet.
4. Back landing to front landing to feet.
5. Seat landing half twist to back landing.
6. Forward turnover to back landing, to feet.
7. Front landing tucked or piked to feet.
8. Back landing piked to feet.
9. Seat landing full twist to feet.
10. Full twist to seat landing to feet.
11. Review all moves of Grade 8.

**Routine:**

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

