



GYMNASTICS & TRAMPOLINE CLUB

Badge and certificate sets are available for these grades. Please email info@springfit.org for more information

Trampoline Level 10

To gain the award, complete all skills in section A and three in section B, plus the routine

SECTION A - COMPLETE ALL SKILLS

Back landing half twist to back landing to feet

Hands and knees forwards turnover with tuck and extension to seat to feet

Back landing, full twist to feet

Back landing, back pullover to feet

Front somersault tucked

SECTION B - COMPLETE 3 SKILLS

Front landing, full twist to feet

Front landing half turn to front landing

Full twist to back landing

Back somersault

Seat landing full twist to seat landing to feet (Roller)

Review all moves on Grade 8

ROUTINE:
Full twist jump, straddle jump, seat landing half twist to seat landing, half twist to feet, pike jump, back landing, half twist to feet, tuck jump, front somersault

Date Passed