



**GYMNASTICS & TRAMPOLINE CLUB**

Badge and certificate sets are available for these grades. Please email [info@springfit.org](mailto:info@springfit.org) for more information

# Trampoline Level 11

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

## SECTION A - COMPLETE ALL SKILLS

Back somersault (T)

Full twist to back landing

Back somersault to seat landing (T)

Front somersault (P)

Back s/s (T), tuck jump, back s/s (T)

Back landing full twist to feet

## SECTION B - COMPLETE 4 SKILLS

Barani (T)

3/4 front somersault (S) [crash dive]

Back somersault (S)

Back s/s (T), back landing

3/4 back somersault (S) [lazy back]

Back landing back pullover to front landing

Review all moves on Grade 9

**ROUTINE:**  
Back s/s (T), straddle jump, seat landing, half twist to seat landing, half twist to feet, pike jump, back landing, half twist to feet, tuck jump, front s/s (P)

**Date Passed**