



**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 12

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 (S)

Back s/s to seat (T), 1/2 twist to feet

Barani (T)

3/4 front s/s (S) (crash dive)

Back s/s (T), back landing

3/4 back s/s (S) (lazy back)

## SECTION B - COMPLETE 4 SKILLS

3/4 front s/s (S), bounce roll

Barani (SL)

Back somersault (P)

Back s/s (T), front s/s (P)

Back landing full twist to back landing (cat twist)

1 1/4 front somersault to front landing (T)

Review all moves on Grade 10

### ROUTINE:

Back s/s (T), straddle jump, 1/2 twist jump, tuck jump, back s/s to seat, 1/2 twist to feet, tuck jump, back s/s (T), pike jump, front s/s (P)

**Date Passed**