



GYMNASTICS & TRAMPOLINE CLUB

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

Trampoline Level 8

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

SECTION A - COMPLETE ALL SKILLS

Front landing to seat landing

Half twist to front landing

Half twist to back landing

Back landing half twist to feet

SECTION B - COMPLETE 3 SKILLS

Seat landing to front landing

Front landing half twist to feet

Full twist jump, seat landing to feet

Five back bounces

Review all moves on Grade 6

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 jump, stop

Date Passed