



GYMNASTICS & TRAMPOLINE CLUB

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

Trampoline Level 9

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 straight to feet

Back landing straight to feet

Back landing to front landing to feet

Forward turnover to back to feet

Seat landing half twist to back landing

SECTION B - COMPLETE 3 SKILLS

Front landing tucked or piked to feet

Back landing piked to feet

Front landing to back landing to feet

Seat landing full twist to feet

Full twist to seat landing

Review all moves on Grade 7

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.

Date Passed