

Twist Direction



GYMNASTICS & TRAMPOLINE CLUB

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

Trampoline Level 15

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

SECTION A - COMPLETE ALL SKILLS

1 3/4 front s/s (T)

Double back s/s (T)

Front s/s with 1 1/2 twists [rudi]

Back s/s with full twist (S)

3/4 f s/s with full twist to back landing

1/2 twist into 3/4 front s/s (S), Ball Out Barani (T)

SECTION B - COMPLETE 4 SKILLS

Double cat twist

3/4 front s/s (S), baby fliffus

3/4 back s/s (S) to front landing, cody (T), back s/s (T)

Front s/s with full twist (S)

Back s/s (S), Rudi

Crash dive, Ball Out Barani (P)

Review all moves on Grade 13

ROUTINE:

Full twisting back s/s, Barani (S), Back s/s (P), Straddle jump, Back somersault (S), Barani (T), Back somersault (T), 3/4 front S/S (S), Barani ball out (T), Front somersault (T)

Date Passed