



## Trampolining Proficiency Awards Level 10

**Minimum pass requirement: 75% completed**

- ⇒ Back landing half twist to back landing to feet.
- ⇒ Hands and knees forward turnover with tuck and extension to seat, to feet.
- ⇒ Back landing full twist to feet.
- ⇒ Back landing to back pullover to feet.
- ⇒ Front somersault to feet.
- ⇒ Front landing full twist to feet.
- ⇒ Front landing half turn, to front landing.
- ⇒ Full twist to back landing.
- ⇒ Back somersault.
- ⇒ Seat landing full twist to seat landing, to feet (roller).

### **Routine:**

Full twist jump, straddle jump, seat landing half twist to seat landing, half twist to feet, pike jump, back landing, half twist to feet, tuck jump, front somersault.