



## Trampolining Proficiency Awards Level 4

**Minimum pass requirement: 75% completed**

- ⇒ Seat landing, returning to feet and showing correct positioning of hands.
- ⇒ Link 2 half twist jumps and stop.
- ⇒ Hands and knees to front landing.
- ⇒ Half twist jump, seat landing.
- ⇒ Seat landing to feet, half twist jump.
- ⇒ Forward roll to sitting position.
- ⇒ Repeat any move 5 times without any intermediate jump (swingtime).

**Routine:**

Seat landing to feet, tuck jump, half twist jump.