



Trampolining Proficiency Awards Level 7

Minimum pass requirement: 75% completed

- ⇒ Seat landing, half twist to seat landing, to feet. (swivel hips)
- ⇒ Back Landing to feet.
- ⇒ Hands and knees bouncing, forward turnover to back to feet.
- ⇒ Half twist to seat landing, half twist to feet.
- ⇒ Seat landing to hands and knees.
- ⇒ Front landing to feet, seat landing to feet.
- ⇒ Seat landing to feet, front landing to feet.

Routine:

Front landing to feet, tuck jump, half twist jump, straddle jump, seat landing to feet, pike jump, full twist jump, straight jump, stop.