



Trampolining Proficiency Awards Level 8

Minimum pass requirement: 75% completed

- ⇒ Front landing to seat landing, to feet.
- ⇒ Half twist to front landing.
- ⇒ Half twist to back landing.
- ⇒ Back landing half twist to feet.
- ⇒ Seat landing to front landing.
- ⇒ Front landing half twist to feet.
- ⇒ Full twist jump, seat landing to feet.
- ⇒ Five back bounces.

Routine:

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