

Trampolining Proficiency Award 10

Skills

- 1 Seat drop, 1/2 twist to back drop, to feet
- 2 Back drop, 1/2 twist to back drop (cradle), to feet
- 3 Front drop, 1/2 turn to front drop (half turntable), to feet
- 4 Hands and knees, forward turnover (with tuck and extension) to seat, to feet
- 5 Front drop or back drop, full twist to feet
- 6 Full twist to seat drop, or back drop, to feet
- 7 Back drop, back pullover to feet
- 7 Either front somersault (t) or back somersault (t or s)
Routine

Routines

A choice of one of the following two routine options;

- 1 Full twist jump
- 2 Straddle jump
- 3 Seat drop
- 4 1/2 twist to seat drop
- 5 1/2 twist to feet
- 6 Pike jump
- 7 Back drop
- 8 1/2 twist to feet
- 9 Tuck jump
- 10 Front somersault (tucked)

OR

- 1 Back s/s (T or S)
- 2 Straddle jump
- 3 Seat drop
- 4 1/2 twist to seat drop
- 5 1/2 twist to feet
- 6 Pike jump
- 7 Back drop
- 8 1/2 twist to feet
- 9 Tuck jump
- 10 Full twist