

Trampolining Proficiency Award 9

Skills

- 1 Front drops (piked and straight), to feet
- 2 Back drops (piked and straight), to feet
- 3 Front drop, to back drop, to feet
- 4 Back drop, to front drop, to feet
- 5 3/4 forward turnover to back, to feet
- 6 Seat drop, full twist to seat (roller), to feet
- 7 Backward roll

Routine

Routine

- 1 Full twist jump
- 2 Straddle jump
- 3 Seat drop
- 4 1/2 twist to seat
- 5 1/2 twist to feet
- 6 Pike jump
- 7 back drop
- 8 1/2 twist to feet
- 9 Tuck jump
- 10 1/2 twist jump