															Badge and certificate award sets are available for these grades. To download an order form or order awards online, please visit: www.Winstrada.com **Winstrada Aesthetic Sports Development Foundation** **TRAMPOLINING PROFICIENCY GRADE 4** **To gain the award, complete all skills in section A, three in section B plus the routine.**
															SECTION A – COMPLETE ALL SKILLS
															Seat drop, returning to feet and showing correct positioning of hands
															Link 2 half twist jumps and stop
															Hands and knees to front landing
															SECTION B – COMPLETE 3 SKILLS
															Half twist jump, seat drop
															Seat drop to feet, ½ twist jump
															Forward roll to sitting position
															Repeat a move five times, without any intermediate jump (swingtime.)
															ROUTINE: Seat drop to feet, tuck jump, ½ twist jump.
															Date passed