						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 7 To gain the award, complete all skills in section A, three in section B plus the routine.
						SECTION A - COMPLETE ALL SKILLS
						½ twist to seat drop, ½ twist to feet
						Back drop to feet
						Hands and knees bouncing, forward turnover to back to feet
						SECTION B - COMPLETE 3 SKILLS
						Seat drop ½ twist to seat drop, to feet
						Seat drop to hands and knees
						Front drop to feet, seat drop to feet
						Seat drop to feet, front drop to feet
						ROUTINE: Front drop to feet, tuck jump, ½ twist jump, straddle jump, seat drop to feet, pike jump, full twist jump, straight jump, stop.
						Date passed