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| | | | | | | | | | | | | | | | | | | | <p>Badge and certificate award sets are available for these grades. To download an order form or order awards online, please visit: www.Winstrada.com</p> <p>Winstrada Aesthetic Sports Development Foundation</p> <p>TRAMPOLINING PROFICIENCY GRADE 8</p> <p>To gain the award, complete all skills in section A, three in section B plus the routine.</p> |
| | | | | | | | | | | | | | | | | | | | SECTION A – COMPLETE ALL SKILLS |
| | | | | | | | | | | | | | | | | | | | Front drop to seat drop |
| | | | | | | | | | | | | | | | | | | | Half twist to front drop |
| | | | | | | | | | | | | | | | | | | | Half twist to back drop |
| | | | | | | | | | | | | | | | | | | | Back drop half twist to feet |
| | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | SECTION B – COMPLETE 3 SKILLS |
| | | | | | | | | | | | | | | | | | | | Seat drop to front landing |
| | | | | | | | | | | | | | | | | | | | Front drop half twist to feet |
| | | | | | | | | | | | | | | | | | | | Full twist jump, seat drop to feet |
| | | | | | | | | | | | | | | | | | | | Five back bounces |
| | | | | | | | | | | | | | | | | | | | <p>ROUTINE: Front drop to feet, straddle jump, ½ twist jump, seat drop ½ twist to seat drop, ½ twist to feet, tuck jump, pike jump, full twist jump, stop.</p> |
| | | | | | | | | | | | | | | | | | | | Date passed |

Further copies of this sheet can be downloaded from the following website: www.winstrada.com/sdf