															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 9** **To gain the award, complete all skills in section A, three in section B plus the routine.**
															SECTION A – COMPLETE ALL SKILLS
															Front drop straight to feet
															Back drop straight to feet
															Back drop to front landing
															Forward turnover to back to feet
															Seat drop ½ twist to back landing
															SECTION B – COMPLETE 3 SKILLS
															Front drop tucked or piked to feet
															Back drop piked to feet
															Front drop to back landing to feet
															Seat drop full twist to feet
															Full twist to seat drop
															ROUTINE: Front drop to feet, straddle jump, ½ twist jump, seat drop, ½ twist to feet, tuck jump pike jump, back drop ½ twist to feet.
															Date passed