

																				<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 A2</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
																				Back somersault (S)
																				Back s/s to seat (T), ½ twist to feet
																				Barani (T)
																				¾ front s/s (S) (crash dive)
																				Back s/s (T), back drop
																				¾ back s/s (S) (lazy back)
																				SECTION B – COMPLETE 3 SKILLS
																				¾ front s/s (S), bounce roll
																				Barani (SL)
																				Back somersault (P)
																				Back s/s (T), front s/s (P)
																				Back drop full twist to back landing
																				1 ¼ front somersault to front drop (T)
																				<p>ROUTINE: Back s/s (S), straddle, ½ twist jump, tuck jump, back s/s to seat, ½ twist to feet, tuck jump, back s/s (T), pike jump, front s/s (P).</p>
																				Date passed