

																				<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 7</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
																				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.
																				<p>ROUTINE:</p> <p>Front drop to feet, tuck jump, ½ twist jump, straddle jump, seat drop to feet, pike jump, full twist jump, straight jump, stop.</p>
																				Date passed