

																			<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.
																			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.
																			Date passed