															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 drop 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

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