

																<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 10</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 drop ½ twist to back landing to feet.
																Hands & knees forward turnover with tuck and extension, to seat to feet.
																Back drop full twist to feet.
																Back drop, back pullover to feet.
																Front somersault tucked.
																SECTION B – COMPLETE 3 SKILLS
																Front drop full twist to feet.
																Front drop ½ turn to front landing.
																Full twist to back drop.
																Back somersault.
																Seat drop full twist to seat drop, to feet. (roller)
																ROUTINE: Full twist jump, straddle jump, seat drop ½ twist to seat drop, ½ twist to feet, pike jump, back drop, ½ twist to feet, tuck jump, front somersault.
																Date passed