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| | | | | | | | | | | | | | | | **Badge and certificate award sets are available for these grades. To download an order form or order awards online, please visit: www.Winstrada.com**<br><br>**Winstrada Aesthetic Sports Development Foundation**<br><br>**TRAMPOLINING PROFICIENCY GRADE A1**<br><br>**To gain the award, complete all skills in section A, three in section B plus the routine.** |
| | | | | | | | | | | | | | | | **SECTION A – COMPLETE ALL SKILLS** |
| | | | | | | | | | | | | | | | Back somersault (T) |
| | | | | | | | | | | | | | | | Full twist to back drop |
| | | | | | | | | | | | | | | | Back somersault to seat drop (T) |
| | | | | | | | | | | | | | | | Front somersault (P) |
| | | | | | | | | | | | | | | | Back s/s (T), tuck jump, back s/s (T) |
| | | | | | | | | | | | | | | | Back drop full twist to feet |
| | | | | | | | | | | | | | | | **SECTION B – COMPLETE 3 SKILLS** |
| | | | | | | | | | | | | | | | Barani (T) |
| | | | | | | | | | | | | | | | ¾ front somersault (S) (crash dive) |
| | | | | | | | | | | | | | | | Back somersault (S) |
| | | | | | | | | | | | | | | | Back s/s (T), back drop |
| | | | | | | | | | | | | | | | ¾ back somersault (S) (lazy back) |
| | | | | | | | | | | | | | | | Back drop back pullover to front landing |
| | | | | | | | | | | | | | | | ROUTINE:<br>Back s/s (T), straddle jump,<br>seat drop, ½ twist to seat drop,<br>½ twist to feet, pike jump, back drop,<br>½ twist to feet, tuck jump, front s/s (P) |
| | | | | | | | | | | | | | | | Date passed |

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