

																				<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 A3</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
																				Barani (SL)
																				Back somersault (P)
																				Back s/s (T), front s/s (P)
																				Barani (any shape), back s/s (T)
																				1 ¼ front s/s to front drop (T)
																				Back somersault to back drop (T)
																				SECTION B – COMPLETE 3 SKILLS
																				¾ front s/s (S), 1 ¼ front s/s to ft. (T)
																				Back s/s (P), Barani (SL)
																				Back s/s (S), back s/s (T)
																				1 ¼ back s/s to back drop (T), ½ twist to feet
																				¾ back s/s (S), front to back landing (S)
																				Front s/s (P), front s/s (T)
																				ROUTINE: Back s/s (S), barani (SL), straddle, ¾ front s/s (S), ½ twist to feet, pike jump, back s/s (P), tuck jump, back s/s (T), front s/s (P)
																				Date passed