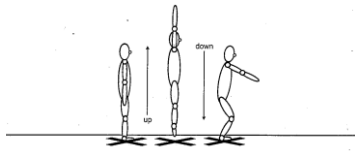


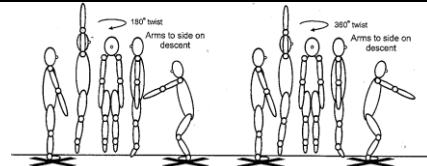
Trampoline Level 1

10 straight jumps on X with arm circles



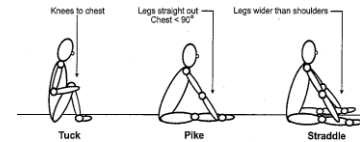
Mastered Learning Attempted

Half turn (180°) & Full turn (360°)



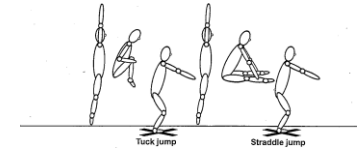
Mastered Learning Attempted

Stationary Tuck/Pike/Straddle on floor



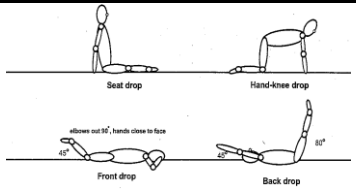
Mastered Learning Attempted

10 Jump combination of tuck/pike/straddle



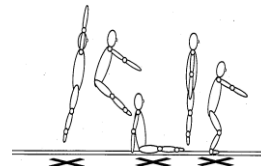
Mastered Learning Attempted

Stationary seat/hand-knee/stomach/back positions on floor



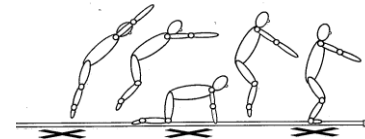
Mastered Learning Attempted

Seat drop



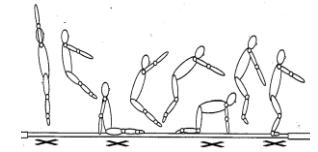
Mastered Learning Attempted

Hand-knee drop



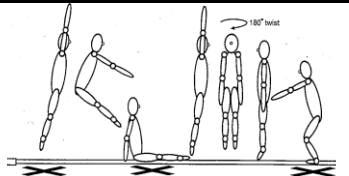
Mastered Learning Attempted

Seat drop to Hand-knee drop



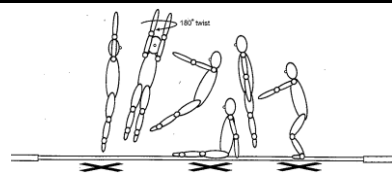
Mastered Learning Attempted

Seat drop 180° turn to feet



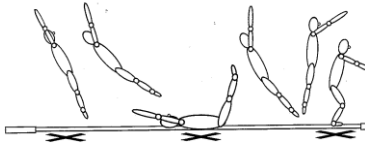
Mastered Learning Attempted

180° turn to seat



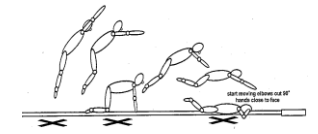
Mastered Learning Attempted

Back drop



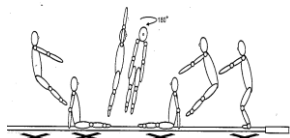
Mastered Learning Attempted

Hand-knee drop to Stomach drop



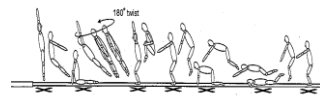
Mastered Learning Attempted

Swivel hips



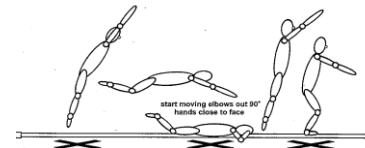
Mastered Learning Attempted

Seat drop > 180° to feet > Tuck jump > hand-knee > stomach drop



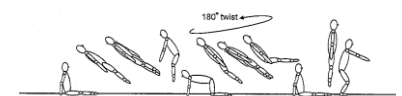
Mastered Learning Attempted

Stomach drop



Mastered Learning Attempted

Seat roll to Hand-Knee drop roll to Seat



Mastered Learning Attempted

Trampoline Level 2

Roller

360° twist

Mastered Learning Attempted

Back drop 180° turn to feet

180° twist

Mastered Learning Attempted

180° turn to Back drop

180° twist

Mastered Learning Attempted

Stomach drop to Seat drop (no feet)

start moving elbows out 90° hands close to face

Mastered Learning Attempted

Seat drop to Stomach drop

start moving elbows out 90° hands close to face

Mastered Learning Attempted

Airplane

180° twist

start moving elbows out 90° hands close to face

Mastered Learning Attempted

Back drop to Stomach drop

start moving elbows out 90° hands close to face

Mastered Learning Attempted

Stomach > 45° to feet > 45° to Stomach

start moving elbows out 90° hands close to face

Mastered Learning Attempted

Hand-knee drop flip to Back drop

Mastered Learning Attempted

Cradle

180° twist

Mastered Learning Attempted

Stomach drop to Back drop

start moving elbows out 90° hands close to face

Mastered Learning Attempted

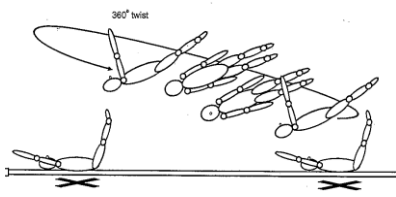
Front ¼ to Back drop

Mastered Learning Attempted

Combine 3 -5 skills into a routine sequence

Trampoline Level 3

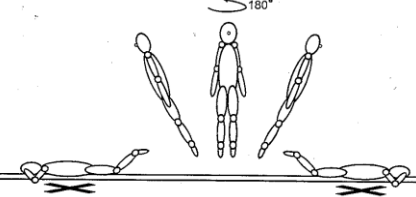
Cat twist



360° twist

Mastered Learning Attempted

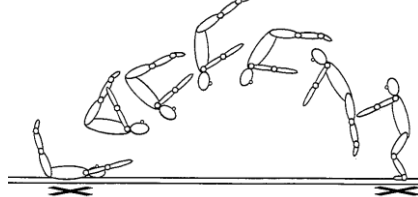
Cruise



180°

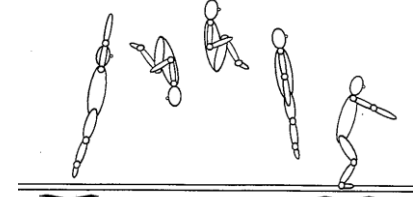
Mastered Learning Attempted

Back drop pullover to feet



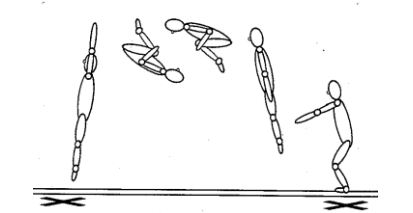
Mastered Learning Attempted

Front tuck



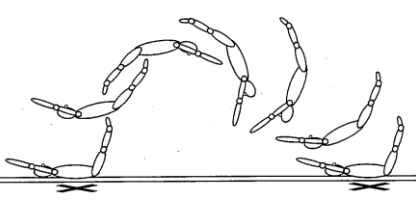
Mastered Learning Attempted

Back tuck



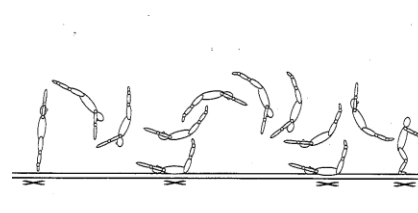
Mastered Learning Attempted

Porpoise



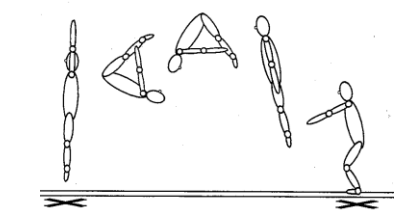
Mastered Learning Attempted

Front ¾. Porpoise to feet



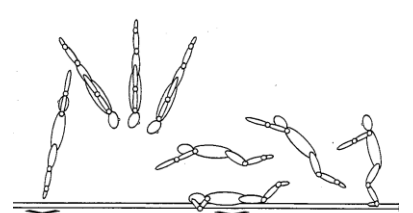
Mastered Learning Attempted

Back pike



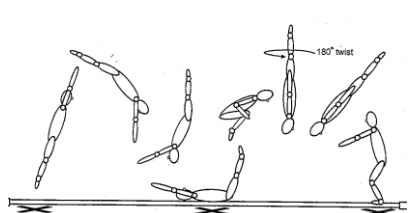
Mastered Learning Attempted

Back ¾ to feet



Mastered Learning Attempted

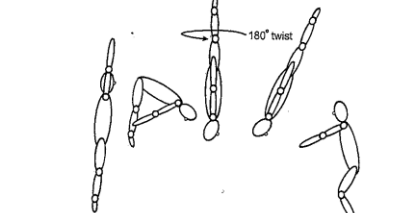
Front ¾ Barani ball-out to feet



180° twist

Mastered Learning Attempted

Pike barani



180° twist

Mastered Learning Attempted

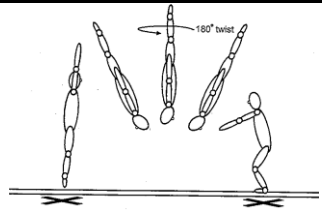
Routine

10 skills routine

Mastered Learning Attempted

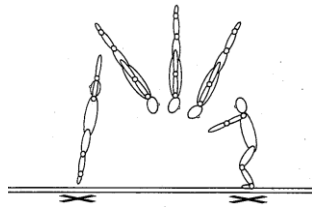
Trampoline Level 4

Barani layout



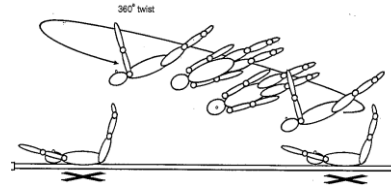
Mastered Learning Attempted

Back layout



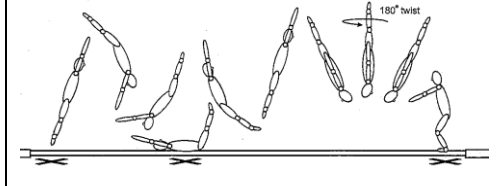
Mastered Learning Attempted

Double Cat twist



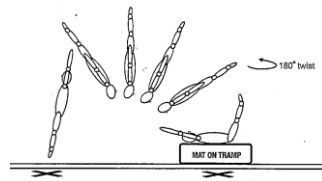
Mastered Learning Attempted

Front 3/4 barani ballout (layout)



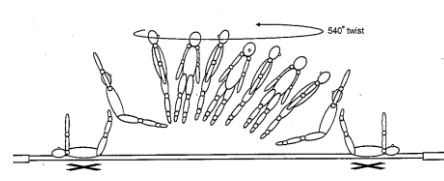
Mastered Learning Attempted

Back 3/4 late 180 turn to back



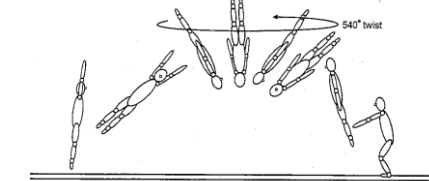
Mastered Learning Attempted

Corkscrew



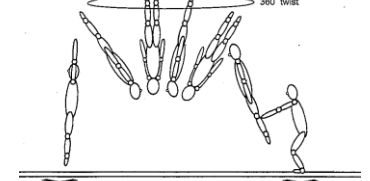
Mastered Learning Attempted

Rudi



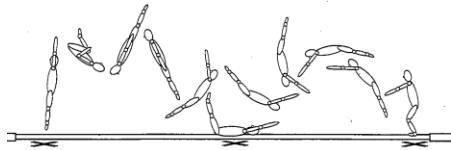
Mastered Learning Attempted

Back Full



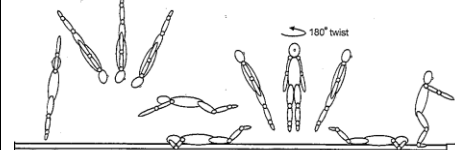
Mastered Learning Attempted

Back tuck 1 1/4 back to pullover



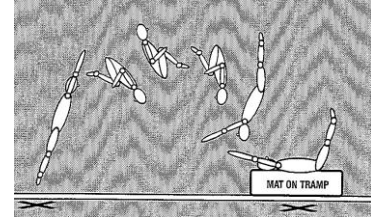
Mastered Learning Attempted

Back 3/4 > cruise to feet



Mastered Learning Attempted

Front 1 1/4 to back



Mastered Learning Attempted

10 skills routine

Connect 10 consecutive skills in a routine. Only inverted skills

Mastered Learning Attempted
