

TRAMPOLINE AWARDS

Personal Achievement Chart Awards 6 - 10

AWARD 6

Straddle Jump
Seat drop
To feet
Tuck Jump
Half Twist Jump
Pike Jump
Seat drop
Half Twist to feet
Straight Jump
And stop

AWARD 7

Front drop
To feet
Half twist Jump
Straddle jump
Seat drop
To feet
Pike Jump
Full Twist jump
Straight Jump
And stop

AWARD 8

Straddle jump
Seat drop
Half twist to feet
Pike jump
Front drop
To feet
Tuck jump
Hand and Knees
Forward turnover
To back, to feet

AWARD 9

Full twist jump
Straddle jump
Seat drop half
twist to seat
Half twist to feet
Pike Jump
Back drop
Half Twist to feet
Tuck Jump
Half Twist Jump

AWARD 10

Full twist jump
Straddle jump
Seat drop half
twist to seat
Half twist to feet
Pike Jump
Back drop
Half Twist to feet
Tuck Jump
Front somersault
(tucked)

AWARD 10

Back somersault
(tucked or straight)
Straddle jump
Seat drop
half twist to seat
Half twist to feet
Pike Jump
Back drop
Half Twist to feet
Tuck Jump
Full twist jump