															Badge and certificate award sets are available for these grades. To download an order form or order awards online, please visit: www.Winstrada.com **Winstrada Aesthetic Sports Development Foundation** **TRAMPOLINING PROFICIENCY GRADE 6** **To gain the award, complete all skills in section A, three in section B plus the routine.**
															SECTION A – COMPLETE ALL SKILLS
															Seat drop ½ twist to feet
															Full twist jump
															Front drop to feet
															SECTION B – COMPLETE 3 SKILLS
															Seat drop ½ twist to feet, seat drop to feet
															½ twist to seat drop to feet
															Pike jump
															Flat back (from standing) onto mattress.
															ROUTINE: Straddle jump, seat drop to feet, tuck jump, ½ twist jump, pike jump, seat drop ½ twist to feet, straight jump, stop.
															Date passed