															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 10** **To gain the award, complete all skills in section A, three in section B plus the routine.**
															SECTION A – COMPLETE ALL SKILLS
															Back drop ½ twist to back landing to feet
															Hands & knees forward turnover with tuck and extension, to seat to feet
															Backdrop full twist to feet
															Back drop, back pullover to feet
															Front somersault tucked
															SECTION B – COMPLETE 3 SKILLS
															Front drop full twist to feet
															Front drop ½ turn to front landing
															Full twist to back drop
															Back somersault
															Seat drop full twist to seat drop, to feet (roller)
															ROUTINE: Full twist jump, straddle jump, seat drop ½ twist to seat drop, ½ twist to feet, pike jump, back drop, ½ twist to feet, tuck jump, front somersault.
															Date passed

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