															Badge and certificate award sets are available for these grades. Please e-mail the office for an order form: **E-mail: Winstrada@Hotmail.com** **Winstrada Aesthetic Sports Development Foundation** **TRAMPOLINING PROFICIENCY GRADE 4** **To gain the award, complete all skills in section A, three in section B plus the routine.**
															SECTION A – COMPLETE ALL SKILLS
															Seat drop, returning to feet and showing correct positioning of hands.
															Link 2 half twist jumps and stop.
															Hands and knees to front drop.
															SECTION B – COMPLETE 3 SKILLS
															Half twist jump, seat drop.
															Seat drop to feet, ½ twist jump.
															Forward roll to sitting position.
															Repeat a move five times, without any intermediate jump (swingtime.)
															ROUTINE: Seat drop to feet, tuck jump, ½ twist jump.
															Date passed

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