															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 8** **To gain the award, complete all skills in section A, three in section B plus the routine.**
															SECTION A – COMPLETE ALL SKILLS
															Front drop to seat drop.
															Half twist to front drop.
															Half twist to back drop.
															Back drop half twist to feet.
															SECTION B – COMPLETE 3 SKILLS
															Seat drop to front drop.
															Front drop half twist to feet.
															Full twist jump, seat drop to feet.
															Five back bounces.
															ROUTINE: Front drop to feet, straddle jump, ½ twist jump, seat drop ½ twist to seat drop, ½ twist to feet, tuck jump, pike jump, full twist jump, stop.
															Date passed

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