															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 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 drop to feet.
															Hands & knees forward turnover with tuck and extension, to seat to feet.
															Back drop 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 drop.
															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