															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 A1** **To gain the award, complete all skills in section A, three in section B plus the routine.**
															SECTION A – COMPLETE ALL SKILLS
															Back somersault (T)
															Full twist to back drop
															Back somersault to seat drop (T)
															Front somersault (P)
															Back s/s (T), tuck jump, back s/s (T)
															Back drop full twist to feet
															SECTION B – COMPLETE 3 SKILLS
															Barani (T)
															¾ front somersault (S) (crash dive)
															Back somersault (S)
															Back s/s (T), back drop
															¾ back somersault (S) (lazy back)
															Back drop back pullover to front drop
															ROUTINE: Back s/s (T), straddle jump, seat drop, ½ twist to seat drop, ½ twist to feet, pike jump, back drop, ½ twist to feet, tuck jump, front s/s (P)
															Date passed

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