															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 A2** **To gain the award, complete all skills in section A, three in section B plus the routine.**
															SECTION A – COMPLETE ALL SKILLS
															Back somersault (S)
															Back s/s to seat (T), ½ twist to feet
															Barani (T)
															¾ front s/s (S) (crash dive)
															Back s/s (T), back drop
															¾ back s/s (S) (lazy back)
															SECTION B – COMPLETE 3 SKILLS
															¾ front s/s (S), bounce roll
															Barani (SL)
															Back somersault (P)
															Back s/s (T), front s/s (P)
															Back drop full twist to back drop
															1 ¼ front somersault to front drop (T)
															ROUTINE: Back s/s (S), straddle, ½ twist jump, tuck jump, back s/s to seat, ½ twist to feet, tuck jump, back s/s (T), pike jump, front s/s (P).
															Date passed

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