															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 A3** **To gain the award, complete all skills in section A, three in section B plus the routine.**
															SECTION A – COMPLETE ALL SKILLS
															Barani (SL)
															Back somersault (P)
															Back s/s (T), front s/s (P)
															Barani (any shape), back s/s (T)
															1 ¼ front s/s to front drop (T)
															Back somersault to back drop (T)
															SECTION B – COMPLETE 3 SKILLS
															¾ front s/s (S), 1 ¼ front s/s to ft. (T)
															Back s/s (P), Barani (SL)
															Back s/s (S), back s/s (T)
															1 ¼ back s/s to back drop (T), ½ twist to feet
															¾ back s/s (S), front to back drop (S)
															Front s/s (P), front s/s (T)
															ROUTINE: Back s/s (S), barani (SL), straddle, ¾ front s/s (S), ½ twist to feet, pike jump, back s/s (P), tuck jump, back s/s (T), front s/s (P)
															Date passed

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