

# TRAMPOLINE AWARDS

## Personal Achievement Chart Award 12



Name: \_\_\_\_\_

Age: \_\_\_\_\_

Date: \_\_\_\_\_

1	COMPULSORY	SIGNATURE	DATE PASSED
1	Barani with straight legs (SL)		
2	Barani (SL), ½ twist, straddle X3		
3	Barani, Seat landing		
4	Back somersault piked (or straight)		
5	Back somersault piked (or straight), Tuck jump (or other shape) X5		
6	Crash dive straight		
7	Crash dive Straight, ½ twist to feet, tuck jump X3		
8	Back somersault tucked BSS(T) to seat landing, ½ twist to feet		
9	Back somersault tucked BSS(T), back landing to feet		
10	Back somersault tucked BSS(T), front somersault piked FSS(P)		

2	BODY PREPERATION	SIGNATURE	DATE PASSED
1	<ul style="list-style-type: none"> <li>✓ 5 consecutive V sits (pike ups)</li> <li>✓ 10 Press-ups continuous</li> <li>✓ 30 Dorsal raises without stopping</li> <li>✓ Hold front support for 30 seconds</li> <li>✓ Hold dish shape for 30 seconds</li> <li>✓ Hopping on alternating feet X30 each foot</li> </ul>		
2	Core stability exercises – Line out balance (with arms by ears, balance on one leg with body near horizontal, show tuck position with one leg and both arms then “line out” with arms by your sides. X3 (change legs)		

3	OPTIONAL (Achieve any 4 out of 6)	SIGNATURE	DATE PASSED
1	¾ back somersault to front landing (Lazy back), to feet		
2	Back landing, back pull over ½ twist to back landing, to feet		
3	½ twist to ¾ forward turnover to back landing, to feet		
4	Back somersault tucked BSS(T) to seat landing, ½ twist to feet, back somersault tucked		
5	Back landing, 1 ½ twist to feet		
6	Front landing, ½ twist to front landing (cruise), to feet		

4	ROUTINE	SIGNATURE	DATE PASSED
1	Back somersault straight BSS (S)		
2	Straddle Jump		
3	Barani straight leg (SL)		
4	Full twist		
5	Tuck Jump		
6	Back somersault tucked BSS(T) to seat landing		
7	½ twist to feet		
8	½ twist		
9	Pike jump		
10	Front somersault piked FSS (P)		

# TRAMPOLINE AWARDS

## Personal Achievement Chart Award 13



1	COMPULSORY	SIGNATURE	DATE PASSED
1	Barani tucked BSS(T)		
2	Barani piked BSS(P)		
3	Back somersault tucked, Barani tucked		
4	Back somersault piked, Barani piked		
5	Back somersault (F), Barani (F), tuck (or other shape) X3		
6	Back somersault to back landing (T)		
7	Crash dive, bounce roll (T), ½ twist to feet		
8	¾ back somersault (S) to front landing, to back landing (S)		
9	Barani (F), back landing		

2	BODY PREPERATION	SIGNATURE	DATE PASSED
1	<ul style="list-style-type: none"> <li>✓ 10 consecutive V sits (pike ups)</li> <li>✓ 15 Press-ups continuous</li> <li>✓ Twisting dorsal raises X30 (without stopping)</li> <li>✓ Twisting crunches X30 (without stopping)</li> <li>✓ Hold sitting pike shape (touching toes) 10 seconds</li> <li>✓ Complete a handstand</li> <li>✓ Double leg squats X10</li> </ul>		
2	<b>TRAMPOLINE CONDITIONING</b> Tuck, pike, straddle X20 (without stopping) Cat twist X10 (without stopping) Back bounces X10 (without stopping)		

3	OPTIONAL (Achieve any 4 out of 6)	SIGNATURE	DATE PASSED
1	¾ back somersault ½ twist to back landing		
2	¾ barani (F) to front landing		
3	Double cat twist		
4	Corkscrew		
5	¾ back somersault (S) to front landing, cruise to front landing		
6	Bounce rolls (T) X3		

4	ROUTINE	SIGNATURE	DATE PASSED
1	Back somersault (S)		
2	Barani (P)		
3	Straddle		
4	Back somersault (T)		
5	Tuck Jump		
6	Back somersault tucked BSS(T) to seat landing		
7	½ twist to feet		
8	Pike		
9	Front somersault (P)		