

| <b>Trampoline Intermediate</b>  |
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| <b>TRAMPOLINE</b>   |
| Front Flip  |
| Back Handspring   |
| 1 and a half turn   |
| Swivel Hips (10 times)  |
| Combination Jumps*  |
| <b>TUMBLING INT</b>   |
| Roundoff  |
| Back Handspring   |
| Front Handspring  |
| *high jump -> tuck jump -> straddle jump -> pike jump -><br>seat drop -> belly drop |
| 2024  |