

TRAMPOLINE GOALS

TRAMPOLINE BEGINNER	TRAMPOLINE INTERMEDIATE
TRAMPOLINE	TRAMPOLINE
Straight Jumps Arms Down 10, Up 10	Swivel Hips (5 times in a row)
Straight Jumps Arm Circles 10	Front Drop from arms up (no mat)
Tuck Jumps	Seat Drop 1/2 Twist to Feet
Pike Jumps	Back Drop from Bounce (return to feet)
Straddle Jumps	Front Tuck (with mat)
Seat Drop	Level 2 Routine: Front Drop to Feet. 1/2 Turn, Tuck Jump. Straddle Jump. Pike Jump. Seat Drop to 1/2 Turn. Back drop. (full pattern with no jumps in between)
Seat Drop - Doggy- Front Drop connection	
Front Drop from standing (with mat)	
Back Drop from standing (with mat)	
TUMBLING	TUMBLING
Bridge	Roundoff
Forward Roll Tuck	Back Handspring (over lemon)
Backward Roll Tuck	Front Handspring (over lemon)
Vertical Handstand	Backward Roll Pike
Cartwheel Step-in	Handstand Forward Roll Step-Out
Power Hurdle Cartwheel	Power Hurdle Round off Rebound