



INTRODUCTION



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INTRODUCTION

CANJUMP Program

CANJUMP is divided into 12 levels on different apparatus with emphasis on individual development and progression.

CANJUMP is designed for participants that are 6 years of age or older. Participants starting at an older age may be evaluated to begin at a higher level, provided they can safely perform all skills in the lower levels.

Participants in levels 1-4 need to master all skills in each level on all 4 events (Fundamentals, Trampoline, Tumbling and Double Mini) before moving up to the next level.

Participants in levels 5 and higher may advance to the next level per event before moving up to another level on another event. For example, you could have one athlete in level 6 on Trampoline, 6 on Tumbling and 7 on DMT. However, participants should complete all of levels 5-8 before moving up to levels 9-12.

For clubs that do not have full trampoline and tumbling equipment (i.e. Trampoline, Floor space, Double Mini Trampoline), they can still do portions of the program. The Fundamentals portion of levels 1-4 includes skills that are required on ALL EVENTS. Please do not omit these skills from Evaluation.

Level Descriptions/Minimum Coaching Requirement

<p>Levels 1-4 (Bronze)</p>	<p>NCCP Minimum Coaching Requirement: <i>Gymnastics Foundations, Trampoline and Artistic Trained</i></p> <p>Tramp/DMT: <i>Basic non-inverted skills, routine building with emphasis on safety</i></p> <p>Tumbling: <i>Basic skills including landings and safety up to roundoff</i></p> <p>Fundamentals: <i>Basic fundamental skills, landings and positions required in all 3 events (Tramp, Tum, DMT)</i></p> <p>Physical Prep: <i>Easy and clear positions to develop a basic understanding of shapes and strength to encourage safe landings</i></p>
<p>Levels 5-8 (Silver)</p>	<p>NCCP Minimum Coaching Requirement: <i>Gymnastics Foundations, Trampoline, and Artistic Trained/Certified, Competition Intro/C1 Trampoline Certified and Artistic Trained</i></p> <p>Tramp/DMT: <i>All basic flipping skills (forward, backward up to barani's) and simple routines with flipping skills as spotters and dismounts</i></p> <p>Tumbling: <i>More advanced tumbling skills and routine combinations up to roundoff back handspring (Competition Intro Advanced/C2 for some Level 7 and 8 skills)</i></p> <p>Physical Prep: <i>Introduction to more difficult strength and flexibility skills to help in building strength required for more difficult skills</i></p>
<p>Levels 9-12 (Gold)</p>	<p>NCCP Minimum Coaching Requirement: <i>Gymnastics Foundations, Trampoline, and Artistic Trained/Certified, Competition Intro/C1 Trampoline Certified and Competition Intro Advanced/C2 Artistic Trained</i></p> <p>Tramp/DMT: <i>Skills with additional twisting/flipping and more advanced skill combinations and routines</i></p> <p>Tumbling: <i>Multiple back handsprings, whips, and saltos (Competition Intro Advanced/C2 for most Level 9 and higher skills)</i></p> <p>Physical Prep: <i>Exercises to continue to build the strength and flexibility required to safely perform more advanced skills</i></p>



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Trampoline, tumbling and double mini trampoline are all fun and effective forms of exercise. Properly used, these help develop coordination, kinesthetic awareness and strength.

Trampoline and double mini trampoline produce sensations of weightlessness and super gravity and its low learning threshold helps young people develop positive self-esteem. Recreation and education leaders should not overlook trampolines appeal to children and adults as an effective exercise medium.

Tumbling is a dynamic sport to watch. It consists of performing a series of tumbling skills along a 40-80 foot long, 6 foot wide sprung or rod floor, or by simply using a line of tumbling mats. Tumbling is unique as it involves participants linking skills into routine combinations. Tumbling combinations must travel in a straight line with speed, rhythm and control.

The expression of ideas in this manual is made to a diverse user population of various ages, experiences and in a variety of setting. It is ultimately the responsibility of the coach to assess each of his/her decisions taking into consideration the age, mental and physical condition of the participant, the progressive development, the adequacy of the facility and equipment and the degree of supervision available in light of any inherent risk in any of the activity.

What is included in The CANJUMP Program Manual?

- Safety Rules and Considerations
- Definitions and Clarifications for coaches
- Level descriptions, Skill Descriptions, Graphics, and Teaching Notes
- Evaluation sheets
- Progress reports

How to use this manual

1. **Skill descriptions:** Each skill in a step has been illustrated. All skills on trampoline travel vertically and not in a horizontal motion across the trampoline as the illustration may indicate. Double mini skills may have mounter or spotter skills and are indicated so. Some of the skills require participants to show two positions. In this case, a dotted line has been placed to separate the two skills.
2. **Routine combinations:** skills must flow as per the skill combinations. There is no change in direction as the diagram may indicate.
3. **Teaching tips:** These are included to promote a basic understanding of performance for each skill along with ideas to vary the skill.
4. **Coaching Certification:** The NCCP minimum coaching requirement has been printed above each diagram. Do not teach skills or supervise children unless you have completed the appropriate certification. Saltos (feet to feet flipping) should not be taught unless you have taken the correct NCCP course. Trampoline and Artistic Gymnastics Courses are required. You cannot teach skill on the trampoline without a trampoline or DMT course or tumbling without an artistic course.
5. **Spotting:** Skills have been indicated whether they require assistance or not. Throw mats have been indicated on the trampoline. Please ensure you have experience and are comfortable using the various spotting method. Throw mats should be used on double mini as well.
6. **Skill acquisition:** Careful attention should be given to proper progressions and the use to no bounce techniques. The task of determining if the skill has been mastered remains with you the coach.
7. **Learning vs. Mastered:** All skills (except physical preparation) will be marked learning or mastered depending on the development the athlete is at.
8. **Lesson Planning:** The CANJUMP program is flexible, allowing coaches and programmers to structure lessons in a way best suited for each individual. Individuals do not always learn in a pre-determined linear fashion.
 - a. Helpful tips: Always prepare and write a lesson plan for each class.
 - b. Keep your spotting skills and equipment up to date
 - c. Always follow logical progressions when teaching skills and passes.
 - d. When in doubt, consult a more qualified and advanced coach that can assist you with any issues you might have.

Safety

General Safety Rules

- Do not teach what you have not been trained to teach. Coaches teaching on any trampolines need to have taken a trampoline course. Coaches teaching tumbling need to have taken an artistic course.
- Coaches should always be able to see all of their participants at all times.
- Coaches need to know how to use lesson plans
- Prevent and avoid abrasions for your participants. The bed of some trampolines may hurt the feet. Trampoline shoes or socks can be worn. If performing multiple front or back drops on the trampoline, abrasions to the back and elbows may occur. Ask the participants to wear a t-shirt or long sleeves to prevent this.
- Check equipment before use each day.
- All participants should have proper attire for training. Gym suits, shorts, singlets, or t-shirts and shorts should be worn. No strings, zippers, buttons should be on clothing. No jewelry should be worn.
- Participants should have hair tied back away from their face. Participants with glasses should have lenses and frames that are appropriate for moving around.
- Participants should not chew gum.
- Coaches need to use progressions and steps when teaching new skills and be proficient at spotting and throwing mats.

Trampoline Rules

- One person on the trampoline at a time (unless the coach is assisting).
- Participants need to know how to properly use a stop bounce.
- 2-foot rule – Land with both feet on the same surface at the same time.
- Keep your arms in if you are falling and use appropriate bail out skills.
- Control before height. Participants should only jump at a height that they can properly control.
- Stay in the box and face one end of the trampoline
- Always walk on and off of the trampoline and stop bouncing before exiting the trampoline.
- All passes from the DMT land on the feet. Front, back and seat are not allowed and may be dangerous to the participant. These landings are only advised when they are used as progressions when more advanced skills are being done with a safety throw-in mat.



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Equipment Considerations

- Trampolines and landing areas need to be a reasonable distance away from all doors, glass windows or mirrors.
- Trampolines and landing areas should be a reasonable distance from walls or be well padded. Mats on the wall should be high enough to cover so a participant would not hit their head.
- There should be no overhead obstructions above the trampoline and double mini. Ceiling height should also be adequate enough to not stop athletes from jumping high.
- Landing areas should have no cracks and should be attached to the equipment so they will not move.
- Trampolines need to have end decks on both ends. Frame pads should be solid enough to not allow participants to slip through if landed on.
- Concrete floors near equipment should be covered with mats.
- Above ground trampolines should have safe ways for participants to climb on to the trampoline.
- Access to under the trampolines should also be limited to participants.

Ideal Class Structure

- Ideal class length is 1.5 hours or longer for a minimum 10-week session. 1-hour classes do not allow for 8 participants to have adequate turns on equipment to allow for skill acquisition and appropriate practice to move on.
- Levels 1 and 2 together
- Levels 3 and 4 together
- Levels 5 and 6 together (minimal inversions. This is a good class for a new level 2 or Comp 1 coach)
- Levels 7+ or if numbers allow 7/8 and 9+

Definitions/Clarifications:

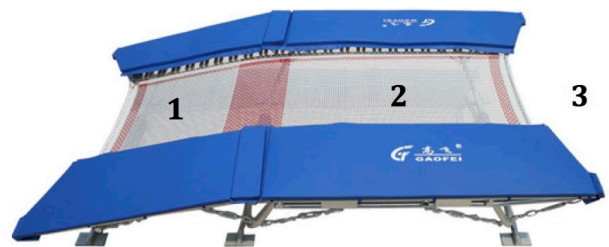
- **Learning** – For a participant to receive “Learning” on a skill, he or she should be able to perform the skill 2 or 3 times out of 5 tries sporadically throughout the session or with or without assistance.
- **Mastered** – For a participant to achieve Mastered status on a skill he or she must complete the skill without assistance (unless otherwise stated) consistently over classes. In other words, the participant must be able to successfully perform the skill 4 out of 5 tries over a period of several weeks to show that the skill is truly mastered. The participant should also be able to perform the skill with minimal attempts or warm ups to be truly mastered.
- **Controlled Safety Landing** – Must land with feet shoulder width apart, knees bent, absorbing speed and height safely, with feet making contact with the floor at the same time. Steps are acceptable after this, providing they are minimal and also in control. (E.g. Not falling over, or running around on a mat). No hands or other body parts other than the feet are allowed to hit the ground.
- **Thrown Mat vs. with Mat on Trampoline** – Thrown mat means that the participant will begin bouncing on the trampoline or DMT or performs a skill before the mat is thrown in. A trained coach should throw in the mat. A mat on the trampoline means that the athlete starts and completes the skill on the mat on the trampoline.
- **Zero Bounce Method** – Starting on the mat or on the trampoline from a stationary position. The athlete only gets one push from their legs, before they perform the skill.

DMT ZONES - Participants should only bounce on the white coloured bed. Red lines indicate danger and bouncing on them can produce uncontrolled movements.

1. *Mounting Zone* – there is only ever one bed contact here

2. *Spotter Zone* – there can be either one or two bed contacts here (see types of routines). They should be in the same place in the center, unless participants are very young.

3. *Dismount Zone* – participants should always perform a safety landing when landing in this area. There should also be appropriate landing mats that are fixed and do not shift or move that provide sufficient shock absorbent materials.



- **Red Zones** – These red markings indicate the areas of the double mini trampoline that are not safe to jump on. The red zone in the middle indicates where the support leg is, and where the angle of the trampoline changes. The red markings at the end show where not to jump due to insufficient elasticity of the bed.

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- **DMT Routines** – Double mini routines all start with a run and a transition called a hurdle onto the double mini. Routines have 2 skills. A straight jump does not count as a skill. Both skills must be performed consecutively. (No straight jumps in between). E.g. Straight jump, tuck jump, tuck barani or straight jump, Straddle jump, jump 1/1 turn. There will be no straight jump in a routine with only 2 bed contacts.
 - *Mounter routine* – First skill is initiated from the mounting zone and finishes in the spotter zone, the second skill must start in the spotter zone and finish off the DMT on the safety mat.
 - *Spotter routine* – The first skill is initiated in the spotter zone and finishes in the same zone. The second skill starts in the spotter zone and finishes off the DMT on the safety mat. Spotter routines all begin with a straight jump.
- **Out bounce** – At the end of a sequence of skills or routine on trampoline, athletes can perform a straight jump before doing a controlled safety landing.
- **Kickout or Press** – During shape jumps and eventually flipping skills, athletes will be required to show the correct position, and then open back out to a straight body before landing.
- **Chest height landings** - On the floor should be done with a safety mat (sting or rezi or 8" mat)
- **Connected** – No additional bounces in between skills.
- **Rebound** – This occurs when an athlete is finishing a skill and must jump right after the first skill is done. No additional bending of the knees after landing is allowed to occur.
- **Inverted skills** – Skills that are full 360 degrees of flip are meant to have a kickout. Athletes need to prepare for landing, and in some skills, the kickout is important for learning twisting (e.g. Barani). This means any flipping, feet to feet skill should have a kickout or press before landing.
- **Bounding Whips** – Whips in sequence. E.g. 2 whips in a row are bounding.
- **Trampoline Routines** – Routines are listed in order of skills. Each time an athlete touches the trampoline bed a skill is performed. E.g. Jump to seat drop is one skill, seat drop to feet is one skill. Therefore, a jump to seat drop return to feet, is 2 skills.
- **Timed Bounces** – 10 bounces in a row are timed with a stopwatch. After giving the athlete a few pre bounces, begin timing at the start of the 1st bounce, and time until they land their 10th bounce. Goal is to have a higher time.
- **Progress Report Stickers** – Trampoline step stickers are **RED**. Tumbling step stickers are **BLUE**. Double Mini Trampoline stickers are **GREEN**. Fundamentals stickers are **YELLOW**.

Filling out progress reports

- **Front**
 - Full name of the participant
 - The session date written
 - Day and time of class

- **Inside**
 - Each skill needs to have learning or mastered highlighted – NOT both, NOT circled. Please use a highlighter that stands out. (not green on green paper etc.) Stickers are added at the top of each event only if they master all skills on that event.

- **Back**
 - Comments need to be written clearly and should be positive and encouraging.
 - Physical Prep is filled in or highlighted.
 - Write the participant's full name in the correct place and badge or level number.
 - Write your name (coach) (does not need to be full name).

- **General**
 - Please print legibly and if you make a mistake, grab another one and redo it.
 - Use stickers to brighten them up.
 - Stickers are given only if they master all the skills on that event.
YELLOW – FUNDAMENTAL
RED – TRAMPOLINE
BLUE – TUMBLING
GREEN – DMT
 - Participants only move up to the next level if they master all skills on all events.
 - Levels 1-4 have 2 pages and should be photocopied to be double-sided. (Outer page has title and comments section, inner page has skill lists).
 - Levels 5-8 and 9-12 have their own outer page and corresponding events on separate sheets. These should be copied and cut in half. Inner sheets need to be stapled inside the outer pages.

Physical Preparation Definitions:

Wall sit – Participant must be leaning against a wall, with hips and knees bent to 90 degrees. Hands are not allowed to support on legs.



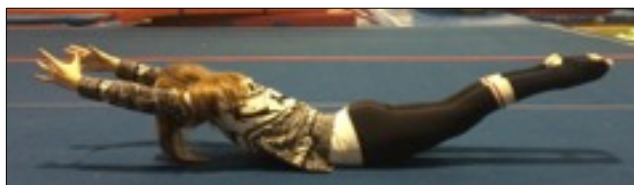
Hollow Position (levels 1-4) – Participants start by lying on back with knees bent to 90 degrees, with feet on floor. Without grabbing legs or using hands on floor, participants must lift head and shoulders off floor towards knees and hold.



Hollow Position (levels 5+) – Participants should be able to perform the hollow position from the lower levels first. Once in the position, participants can stretch out legs and hold straight legs together with heels just above the floor. Bum should be squeezed and there should be NO SPACES under their back.



Arch Position – Participants lie on stomach with arms stretched out overhead and legs are straight and together. At the same time, the participant lifts legs and chest and arms off floor and holds this position. Legs need to stay straight and together, and arms should remain straight.



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Pull up Hang – Hands need to be pointing away from the body. The participant needs to hold their chin above the bar without their feet touching the floor for as long as they can.



Rope Hang – Participant will step up to the rope and put their hands on the rope by their face. Then they lift their legs to the rope and hold. Participants can use their legs or not use their legs on the rope. Their chin must stay by their hands



Tuck Hang – Participants hang from a bar with their hands pointing forward. They lift legs into a tuck position and hold. Thighs should be above horizontal to count.

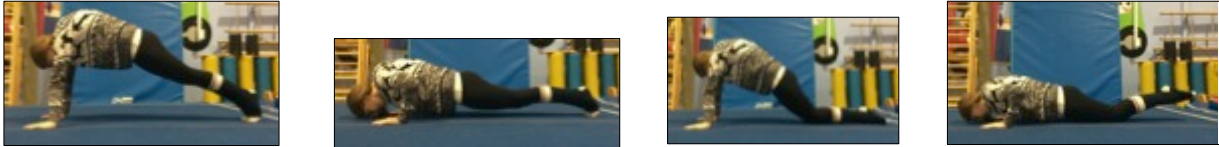


Tuck ups – Participants hang from a bar with their hands pointing forward. They lift legs into a tuck position and then lower. Thighs should be lifted above horizontal as close to their chest before lowering.

INTRODUCTION

Timed Run/Hop – Using a stopwatch, begin timing when the athlete takes their first step. Stop timing once they have reached the required distance.

Push-ups – Performed on the knees or feet depending on the level. Ensure proper position of the back and hands. Athletes should be bending arms until a 90-degree at the elbow is reached.



Assisted Pull-ups – Pull-ups should be done on a bar of some sort with hands pointing forward (pronated). Assisted pull ups can be done using a bungee, box (feet elevated), or with spot.

Assisted Tricep Dips – Tricep dips can be done on parallel bars or between 2 raised surfaces (boxes). Assisted tricep dips can be done using a bungee, box (feet elevated), or with spot.

Long Body Hold – Inchworm position. Similar to push up or front support, but hands need to be extended past the shoulders.



Long jumps in a row – Athletes must jump as far as they can consecutively with only an arm swing between each

Box Jumps – Athletes must jump onto a box with both feet at the same time.

Pike ups – Hanging from a bar; the athlete lifts their legs until their toes touch the bar between their hands.

Hollow body/side body/arch body hold off box – Using a partner, the athlete lays on their back, front, or side with their upper body up to the hips hanging off a height. A partner will support their lower body. The goal is to have the athlete hold their upper body parallel to the floor for a given length of time.





FUNDAMENTALS



FUNDAMENTALS

LEVEL 1 - GYMNASTICS FOUNDATIONS TRAMPOLINE TRAINED

SKILL 1

	<p>Consecutive Single Foot Hops (2 metres)</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - athletes need to be able to do on each foot
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LEVEL 1 - GYMNASTICS FOUNDATIONS TRAMPOLINE TRAINED

SKILL 2

	<p>Consecutive 2 Foot Hops (5 metres)</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - feet need to be touching and contact the floor at the same time
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LEVEL 1 - GYMNASTICS FOUNDATIONS TRAMPOLINE TRAINED

SKILL 3

<p>Knees to chest</p> <p>Legs straight out Chest < 90°</p> <p>Legs wider than shoulders</p> <p>Tuck Pike Straddle</p>	<p>Show tuck/pike/straddle position</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - ensure correct placement of hands in all three positions
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LEVEL 1 - GYMNASTICS FOUNDATIONS TRAMPOLINE TRAINED

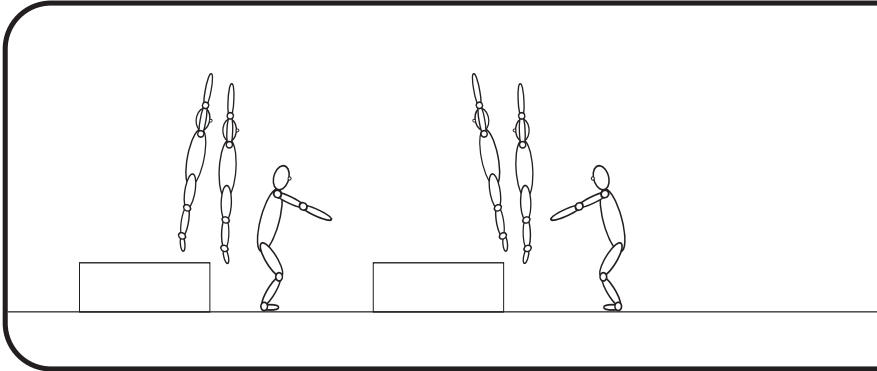
SKILL 4

	<p>Straight jump to controlled safety landing on the floor</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - safety landing should have legs hip width apart, knees bent, hips behind knees and arms out front
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FUNDAMENTALS

LEVEL 1 - GYMNASTICS FOUNDATIONS TRAMPOLINE TRAINED

SKILL 5



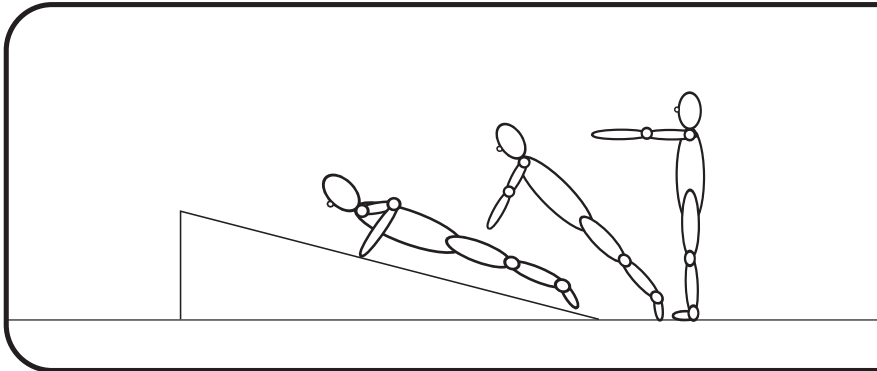
Straight jump forward/backward/sideways to controlled safety landing from knee height

TEACHING NOTES:

- jump should have minimal travel
- feet must contact the floor at the same time

LEVEL 1 - GYMNASTICS FOUNDATIONS TRAMPOLINE TRAINED

SKILL 6



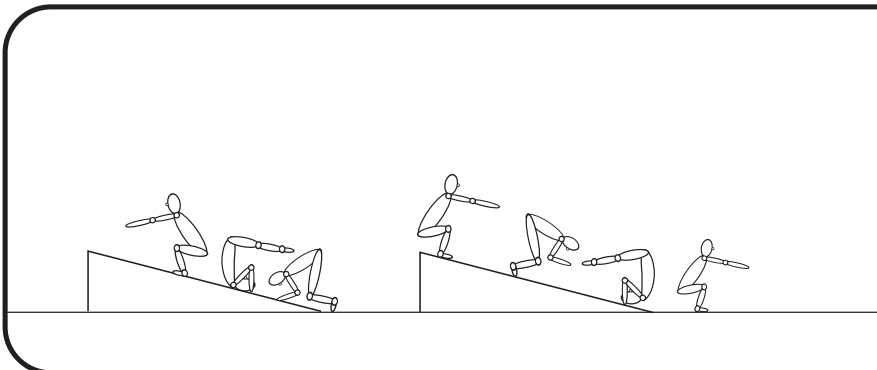
Prone fall from knees or from feet onto incline

TEACHING NOTES:

- hands must point forward
- encourage tight core muscles
- participant must bend their elbows as they touch the mat/ ground
- chest must touch the ground at end of the skill

LEVEL 1 - GYMNASTICS FOUNDATIONS TRAMPOLINE TRAINED

SKILL 7



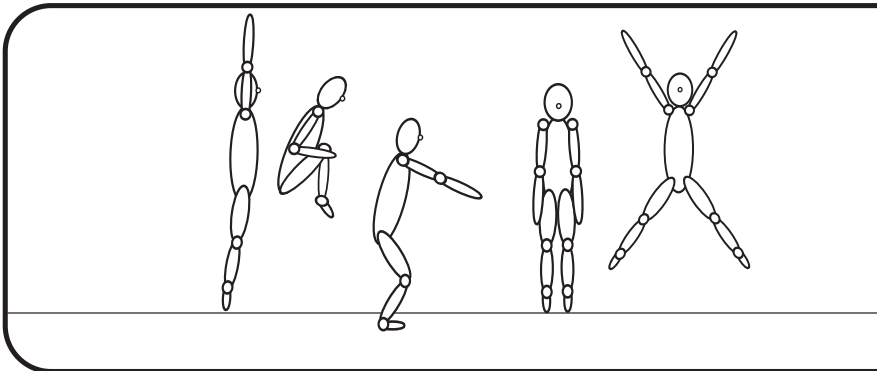
Forward/backward/sideways safety roll on apparatus

TEACHING NOTES:

- forwards/ backwards shoulder rolls and sideways barrel roll
- teach as a way to fall to safety
- participants should not roll over head

LEVEL 1 - GYMNASTICS FOUNDATIONS TRAMPOLINE TRAINED

SKILL 8



Tuck and star jump to controlled safety landing on apparatus

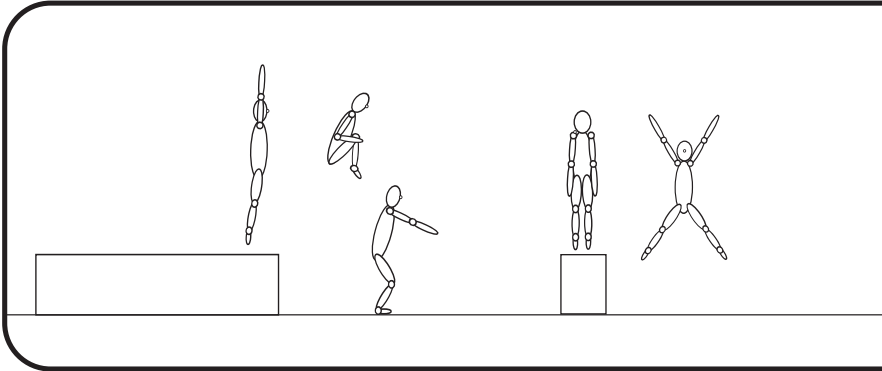
TEACHING NOTES:

- can be done on floor, tramp, DMT, or fast track
- participants need to touch their shins in tuck jump
- participants need to do the star shape in the air and land with their feet together

FUNDAMENTALS

LEVEL 1 - GYMNASTICS FOUNDATIONS TRAMPOLINE TRAINED

SKILL 9



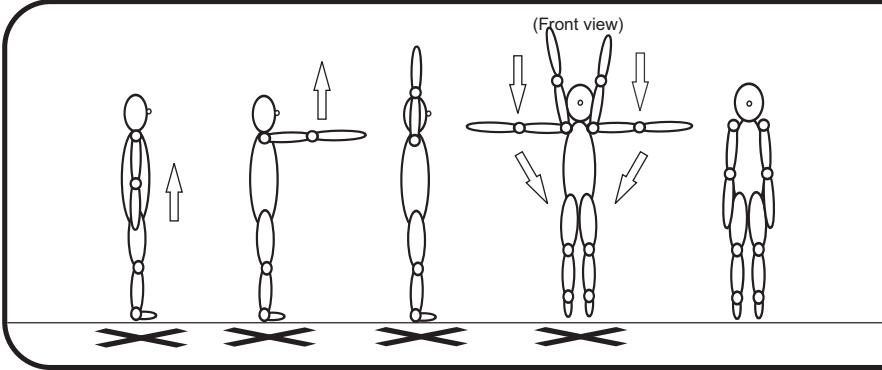
Tuck and star jump to controlled safety landing from knee height

TEACHING NOTES:

- ensure feet land at the same time
- jumps should not travel far forward
- hands must touch shins in tuck jump

LEVEL 1 - GYMNASTICS FOUNDATIONS TRAMPOLINE TRAINED

SKILL 10



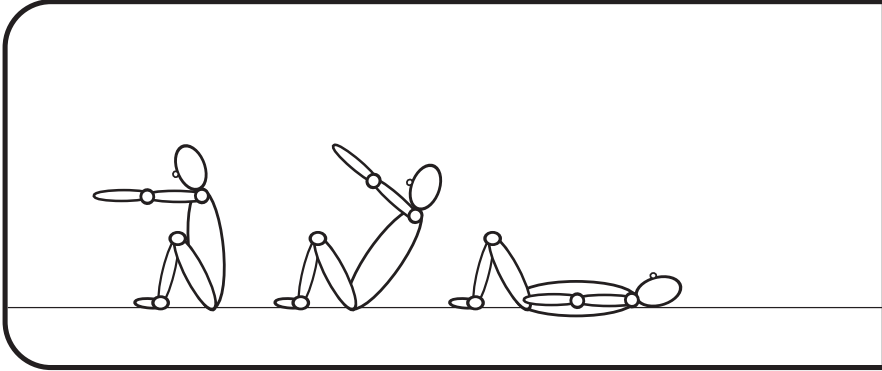
10 arm circles (arms up to ears in front, down to sides)

TEACHING NOTES:

- do stationary on floor
- arms should be straight
- arms should be shoulder width apart and raised to ear height
- arms move from sides, up in front to reach ears, then down sideways back to sides

LEVEL 1 - GYMNASTICS FOUNDATIONS TRAMPOLINE TRAINED

SKILL 11



Break fall from seated position

TEACHING NOTES:

- participant must swing arms backward to hit the mat when their back contacts the mat
- arms should hit mat away from the sides of body

FUNDAMENTALS

LEVEL 2 - GYMNASTICS FOUNDATIONS TRAMPOLINE TRAINED

SKILL 1

	<p>Consecutive Single Foot Hops (5 metres)</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - participants need to be able to do this on each foot
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LEVEL 2 - GYMNASTICS FOUNDATIONS TRAMPOLINE TRAINED

SKILL 2

	<p>Consecutive 2 Foot Hops (10 metres)</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - feet need to be touching and contact the floor at the same time
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LEVEL 2 - GYMNASTICS FOUNDATIONS TRAMPOLINE TRAINED

SKILL 3

	<p>Straddle and pike jump to controlled safety landing on floor</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - legs do not need to reach full height - straddle jump should have legs lifted in front (should not look like star jump)
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LEVEL 2 - GYMNASTICS FOUNDATIONS TRAMPOLINE TRAINED

SKILL 4

	<p>Straddle and pike jump to controlled safety landing from knee height</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - legs do not need to reach full height - ensure legs are lifted in front for straddle jump (should not look like star) - feet need to land at the same time
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FUNDAMENTALS

LEVEL 2 - GYMNASTICS FOUNDATIONS TRAMPOLINE TRAINED

SKILL 5

	<p>Straight jump forward/backward to controlled safety landing from hip height</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - ensure feet land at the same time - ensure strong safety landing position - participant needs to absorb landing

LEVEL 2 - GYMNASTICS FOUNDATIONS TRAMPOLINE TRAINED

SKILL 6

	<p>Jump 1/2 turn to controlled safety landing on floor</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - jump should not travel - participants should try 1/2 turn in both directions - teach participant to look for the landing

LEVEL 2 - GYMNASTICS FOUNDATIONS TRAMPOLINE TRAINED

SKILL 7

	<p>Jump 1/2 turn to controlled safety landing from knee height</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - should not travel - participants should try turn in both directions - teach participant to look for the landing

LEVEL 2 - GYMNASTICS FOUNDATIONS TRAMPOLINE TRAINED

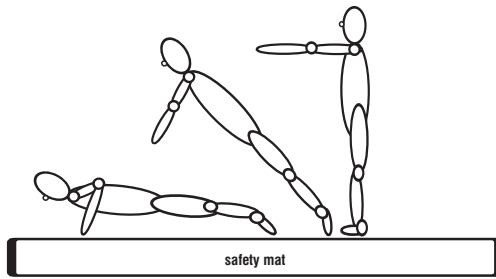
SKILL 8

	<p>Straight body break fall to flat back from standing onto safety mat</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - teach like "chop, chop, timber" - participants need to hit the mat with arms - full body needs to contact mat at the same time - should be done on mat thicker than 8"

Prone fall from standing on safety mat

TEACHING NOTES:

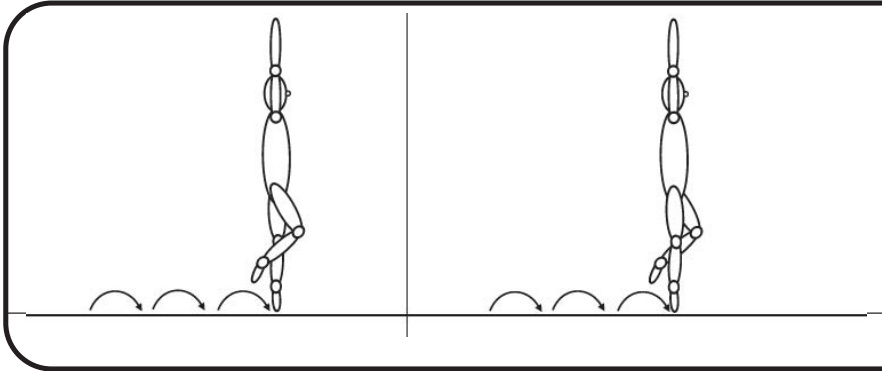
- hands must point forward
- encourage tight core muscles
- participants must bend their elbows as they touch the mat/ ground
- chest must touch ground at end of skill



FUNDAMENTALS

LEVEL 3 - GYMNASTICS FOUNDATIONS TRAMPOLINE TRAINED

SKILL 1



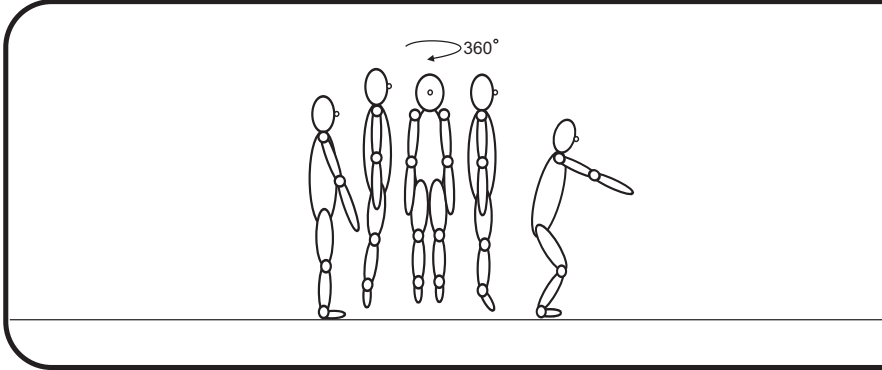
Consecutive Single Foot Hops (10 metres)

TEACHING NOTES:

- participant need to be able to do this on each foot

LEVEL 3 - GYMNASTICS FOUNDATIONS TRAMPOLINE TRAINED

SKILL 2



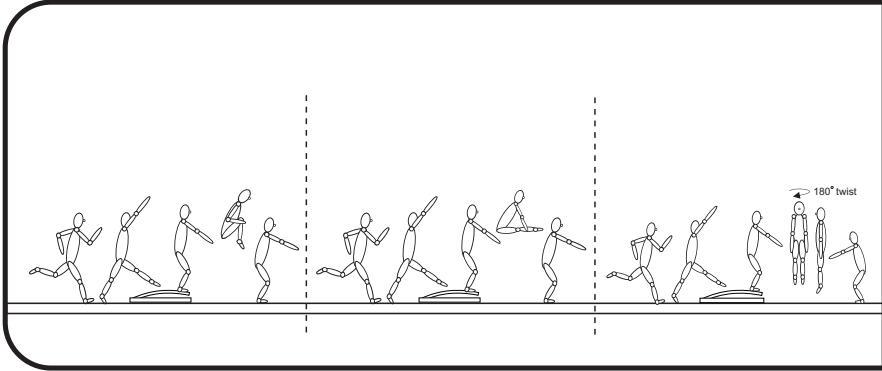
Jump 1/1 turn to controlled safety landing on the floor

TEACHING NOTES:

- participant should not travel
- participant should try turn in both directions
- teach participants to look for landing

LEVEL 3 - GYMNASTICS FOUNDATIONS TRAMPOLINE TRAINED

SKILL 3



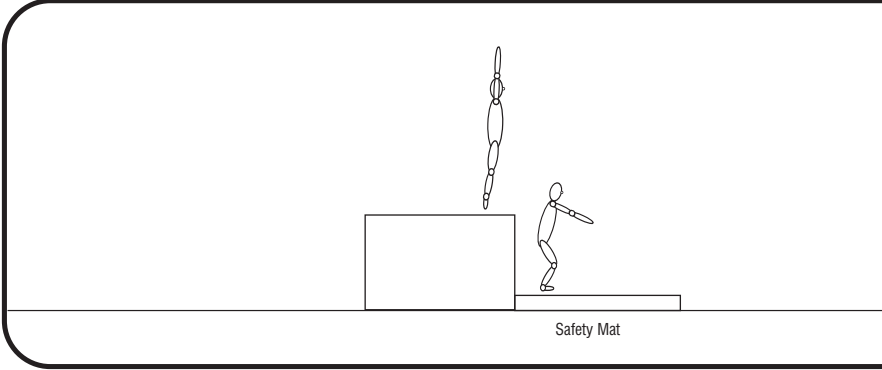
Tuck/pike/straddle/jump 1/2 turn from spring board to controlled safety

TEACHING NOTES:

- ensure jump does not travel far
- legs need to reach close to full height in jumps
- ensure 2 foot landings
- can be done from small run

LEVEL 3 - GYMNASTICS FOUNDATIONS TRAMPOLINE TRAINED

SKILL 4



Straight jump to controlled safety landing from chest height

TEACHING NOTES:

- use thin safety mat to start
- ensure participant keeps chest up at landing
- participants need to land with both feet at the same time

FUNDAMENTALS

LEVEL 3 - GYMNASTICS FOUNDATIONS TRAMPOLINE TRAINED

SKILL 5

	Pike stretch (10 sec)
	<i>TEACHING NOTES:</i>
	<ul style="list-style-type: none"> - Participant needs to try and reach their hands to their toes - participants need to bend at the hip and not through their back - legs need to be straight

LEVEL 3 - GYMNASTICS FOUNDATIONS TRAMPOLINE TRAINED

SKILL 6

	Straddle stretch (10 sec)
	<i>TEACHING NOTES:</i>
	<ul style="list-style-type: none"> - straddle position should be L-shaped - participant reach for their toes with straight legs and knees facing the ceiling

LEVEL 3 - GYMNASTICS FOUNDATIONS TRAMPOLINE TRAINED

SKILL 7

	Hold back bridge position (10 sec)
	<i>TEACHING NOTES:</i>
	<ul style="list-style-type: none"> - participants should have straight arms that are shoulder width apart - can be done with feet elevated if needed

LEVEL 3 - GYMNASTICS FOUNDATIONS TRAMPOLINE TRAINED

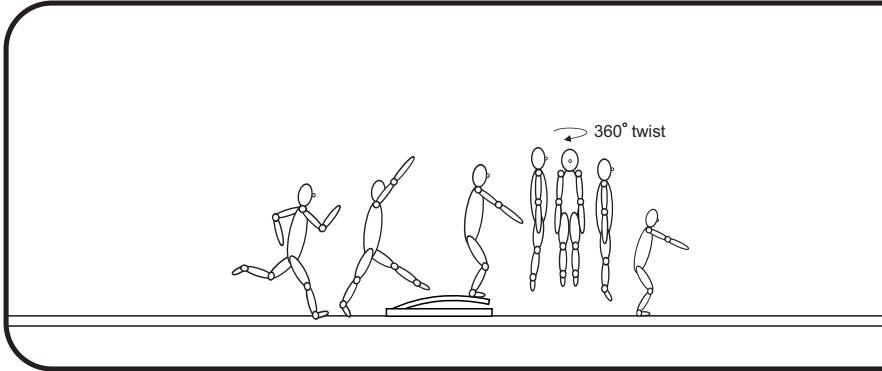
SKILL 8

	Break fall from height (knee-hip height)
	<i>TEACHING NOTES:</i>
	<ul style="list-style-type: none"> - should be performed onto min. 2 8" mats - participants' arms must make contact with the mat beside their body at the same time their back contacts - arms should contact the mat 45 degrees from sides

FUNDAMENTALS

LEVEL 4 - GYMNASTICS FOUNDATIONS TRAMPOLINE TRAINED

SKILL 1



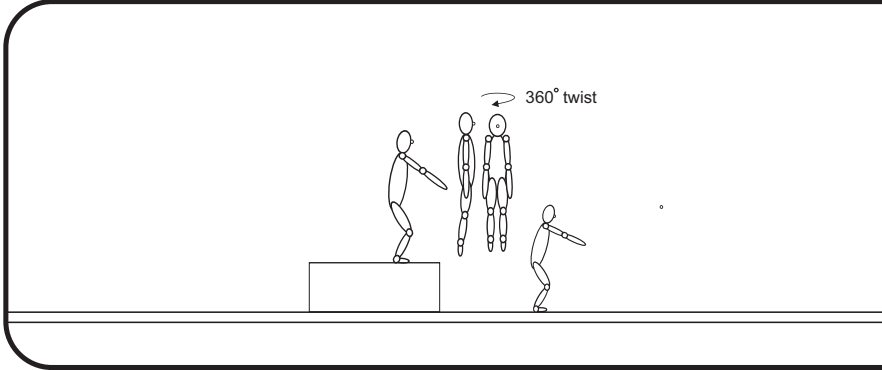
Show jump 1/1 turn to controlled safety landing from spring board

TEACHING NOTES:

- ensure good safety landing
- turn should not travel far
- teach participants to look for landing
- participants can have arms up or down, but should not move during the turn

LEVEL 4 - GYMNASTICS FOUNDATIONS TRAMPOLINE TRAINED

SKILL 2



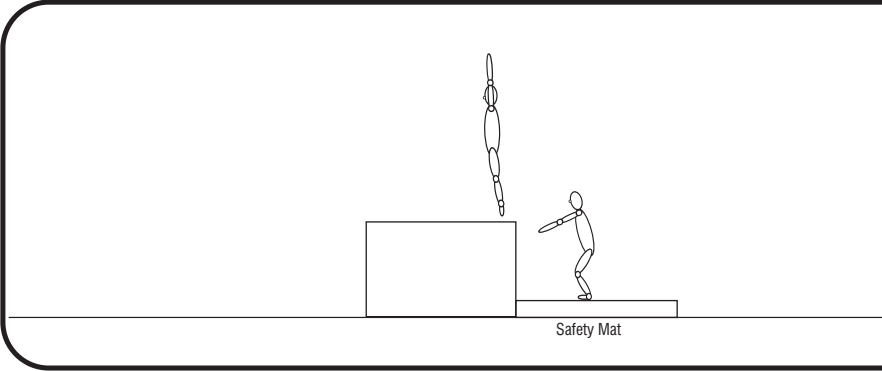
Jump 1/1 turn from knee or hip height

TEACHING NOTES:

- ensure good safety landing
- turn should not travel far
- teach participants to look for landing
- participants can have arms up or down, but should not move during the turn

LEVEL 4 - GYMNASTICS FOUNDATIONS TRAMPOLINE TRAINED

SKILL 3



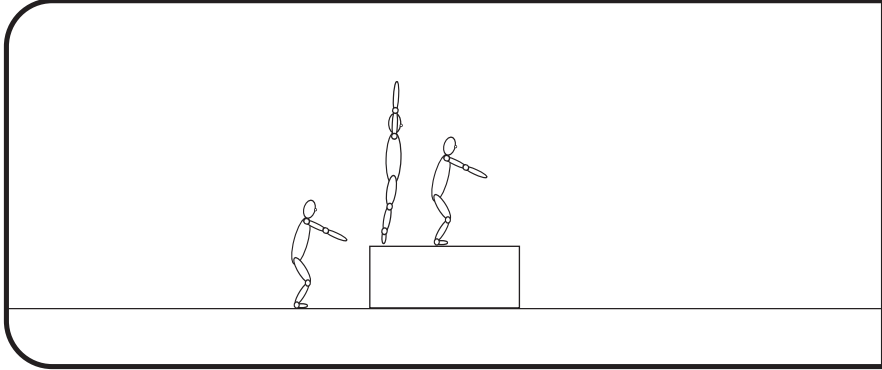
Straight jump backwards to controlled safety landing from chest height

TEACHING NOTES:

- ensure the safety mat to start
- ensure participant keeps chest up when landing
- participants need to land with both feet at the same time

LEVEL 4 - GYMNASTICS FOUNDATIONS TRAMPOLINE TRAINED

SKILL 4



Straight jump onto hip height

TEACHING NOTES:

- participants can swing arms to jump
- participants cannot run or rebound onto height
- ensure both feet land at the same time

FUNDAMENTALS

LEVEL 4 - GYMNASTICS FOUNDATIONS TRAMPOLINE TRAINED

SKILL 5

	Pike stretch (30 sec)
	<i>TEACHING NOTES:</i>
	<ul style="list-style-type: none"> - participants need to try and reach their hands to their toes - participants need to bend at the hip; not through their back - legs need to be straight

LEVEL 4 - GYMNASTICS FOUNDATIONS TRAMPOLINE TRAINED

SKILL 6

	Straddle stretch (30 sec)
	<i>TEACHING NOTES:</i>
	<ul style="list-style-type: none"> - straddle position should be L- shaped

LEVEL 4 - GYMNASTICS FOUNDATIONS TRAMPOLINE TRAINED

SKILL 7

	Hold bridge position (20 sec)
	<i>TEACHING NOTES:</i>
	<ul style="list-style-type: none"> - participants should have straight arms; shoulder width apart - can be done with feet elevated if needed



TRAMPOLINE



TRAMPOLINE

LEVEL 1 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 1

	<p>5 bounces on cross and a controlled safety landing</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - view trampoline end with head up - jump lower to stop traveling and gain control - arms at side for beginners
--	--

LEVEL 1 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 2

	<p>Show seat drop/hand-knee drop/front drop back drop positions on floor</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - can do them from stand, landing in position on mat - Variations: - try this in warm up and as a game
--	--

LEVEL 1 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 3

	<p>Tuck/star jumps on cross</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - try shape jump without bounces on trampoline first - shape is shown at top of bounce - body fully extended prior to landing - hip position for tuck at 90 degrees; no grab of shins
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LEVEL 1 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

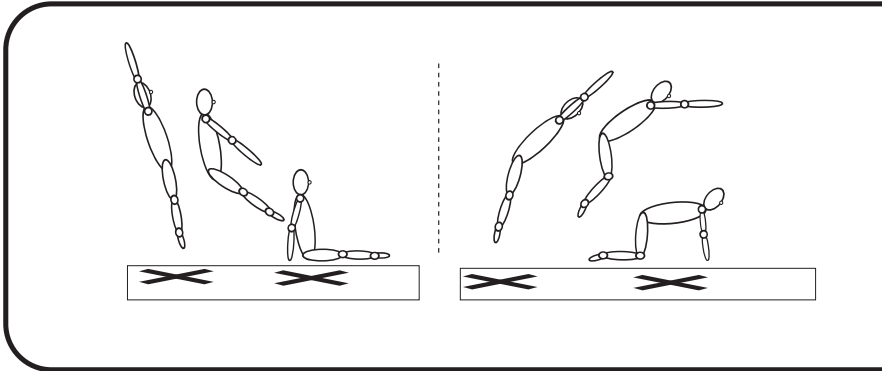
SKILL 4

	<p>Pike/straddle jumps on cross</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - try shape jump without bounces on trampoline first - shape is shown at top of bounce - body fully extended prior to landing - ensure a clear difference between star and straddle position
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TRAMPOLINE

LEVEL 1 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 5



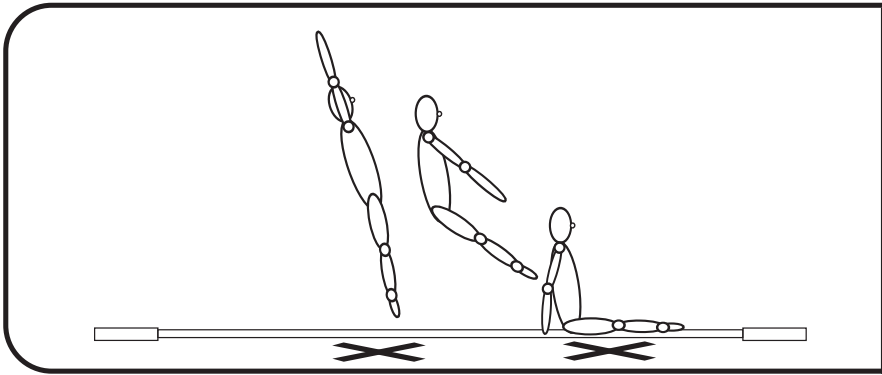
Show seat drop and hand/knee drop on mat off tramp

TEACHING NOTES:

- from zero bounce
- shoulders slightly behind hips
- fingers pointing forward
- bend arms slightly in seat position
- no forward/backward travelling
- legs and hands contact at the same time

LEVEL 1 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 6



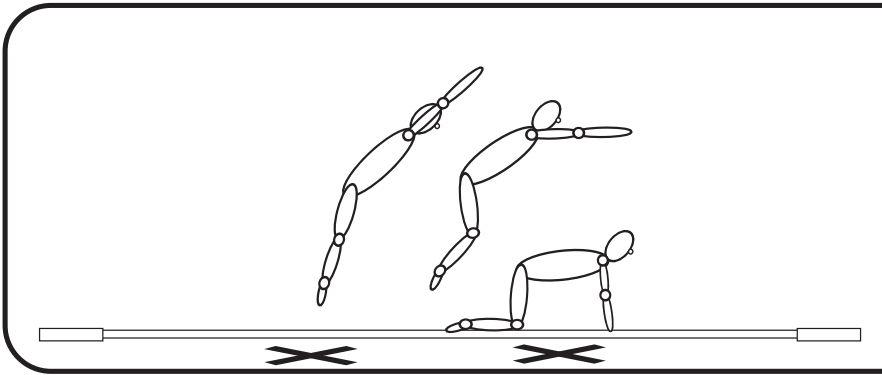
Jump to seat drop on trampoline with mat or from zero bounce

TEACHING NOTES:

- shoulders slightly behind hips
- fingers pointing forward
- bend arms slightly in seat position
- no forward/backward travelling
- legs and hands contact at the same time

LEVEL 1 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 7



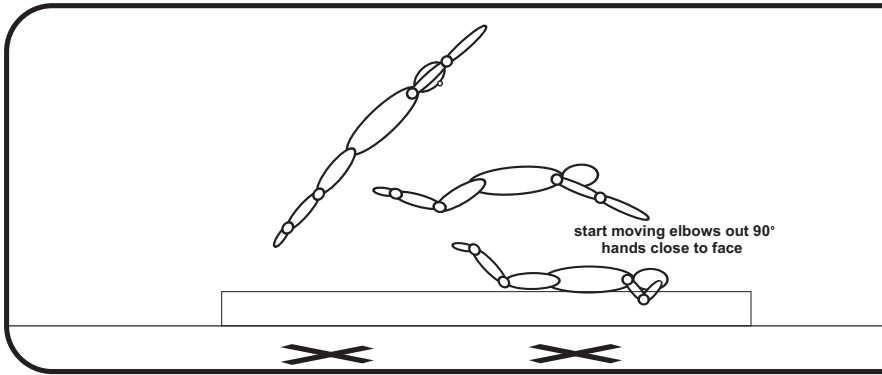
Hand-knee drop on trampoline with mat or from zero bounce

TEACHING NOTES:

- ensure hands and knees land at the same time
- hips and knees should land behind starting position for feet
- stomach should be above starting position for feet

LEVEL 1 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 8



Front drop on mat off trampoline

TEACHING NOTES:

- ensure hips push up and back in take off to prevent traveling forward
- entire body to contact tramp at the same time
- ensure no forward/backward travel

TRAMPOLINE

LEVEL 1 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 9

	<p>Back drop on mat off trampoline</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - hips should be open in take off - body should be straight while rising - body should pike during descent to land in correct position
--	--

LEVEL 1 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 10

	<p>Jump half turn</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - participant should try turning in both directions - teach with no arm movement - can have arms up or down during skill
--	---

TRAMPOLINE

LEVEL 2 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 1

	<p>10 Bounces in a row (4 different arm positions)</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - should show control in these positions - head neutral - view trampoline end - increased control and comfort with arms above head
--	---

LEVEL 2 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 2

	<p>Tuck/pike/straddle jumps on cross grabbing knees or touching legs</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - gaining increased control and height with shaped jumps - able to come out of shape with control of arms - participants need to get hands to correct positions
--	---

LEVEL 2 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 3

	<p>Three shape jumps in a row</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - make it a game - design cards with skills and participants design their own routine - eg. tuck jump, straddle jump, 1/2 turn
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LEVEL 2 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

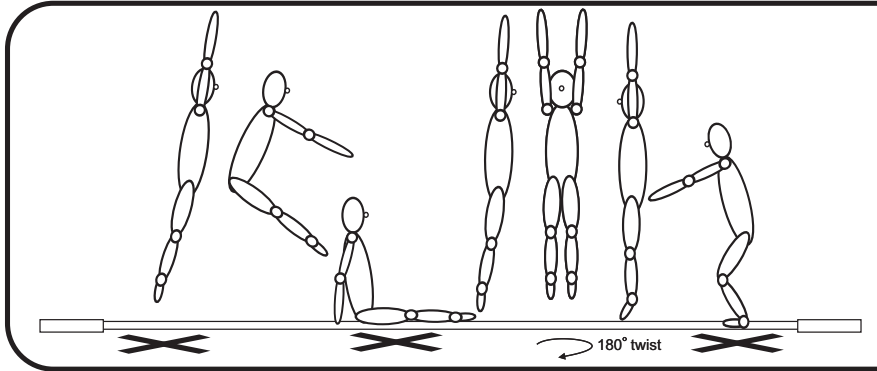
SKILL 4

	<p>Seat drop to feet 3 times in a row</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - in seat position, as the bed rises, elbows extend causing hands to push on the bed and rotate body forward up to feet - participant should try to gain height throughout - participant needs to stay on cross - arms should be up when rising and pushing from feet
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TRAMPOLINE

LEVEL 2 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 5



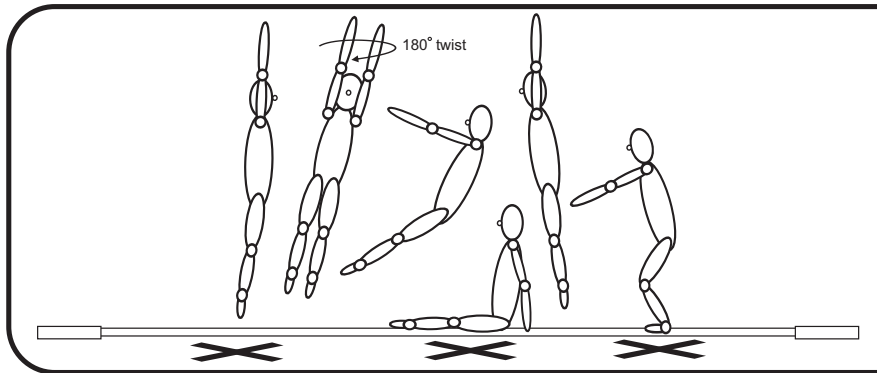
Seat drop, 1/2 turn to feet

TEACHING NOTES:

- arms extend up and shoulders begin to turn as the legs lose contact with the bed
- arms should remain up while turning
- teach seat drop to feet, jump 1/2 turn in sequence
- can use seat drop 1/4 turn as a progression
- try both directions

LEVEL 2 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 6



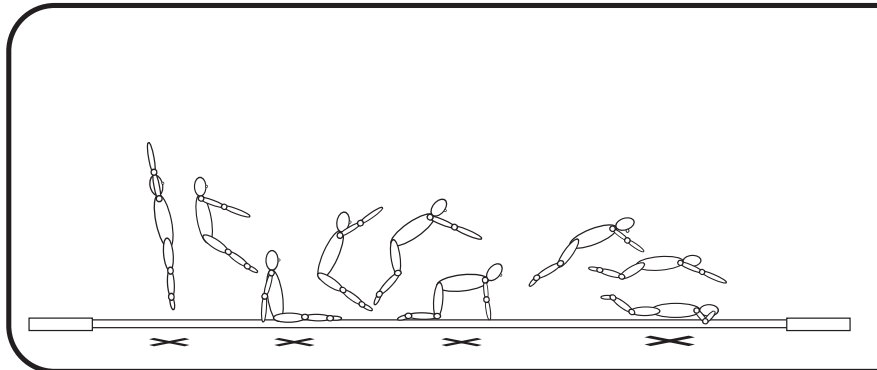
Jump 1/2 turn to seat drop to feet

TEACHING NOTES:

- arms remain up at take off
- turn is initiated as feet lose contact with the bed
- turn finishes as body starts to pike
- hands contact bed at the same time as legs
- us 1/4 turn to seat drop as a progression
- try both directions

LEVEL 2 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 7



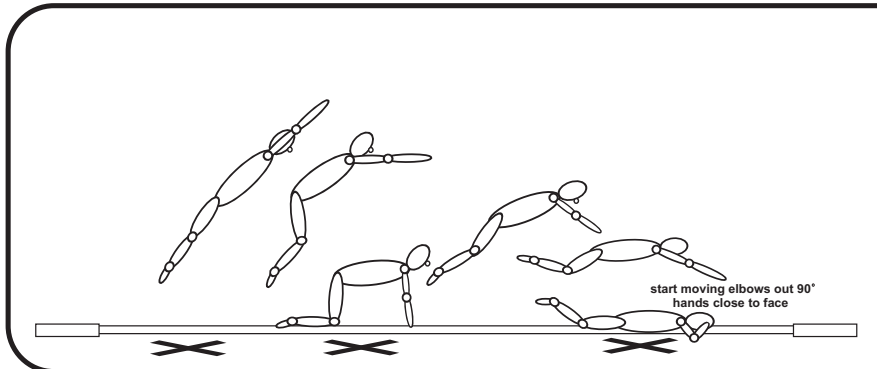
Seat drop to hand-knee drop front drop to feet

TEACHING NOTES:

- this combination ensures they have good technique in both skills
- can use mat on tramp or thrown mat
- ensure no forward/backward travel

LEVEL 2 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 8



Hand-knee drop to front drop to feet

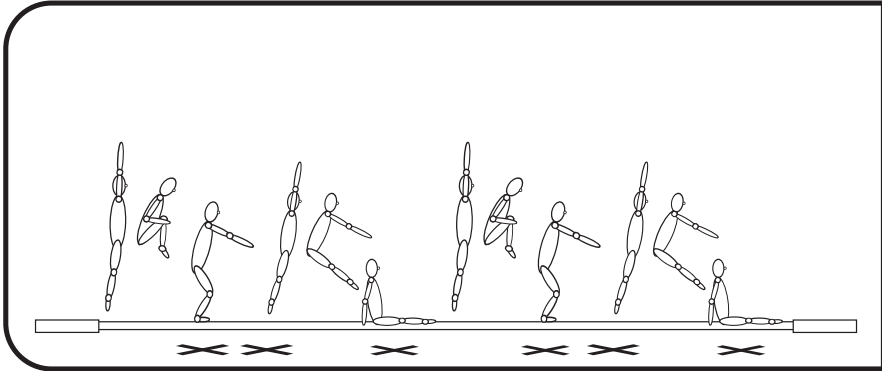
TEACHING NOTES:

- ensure hips push up and back to prevent traveling forward into front drop
- should be performed from low bounces only

TRAMPOLINE

LEVEL 2 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 9



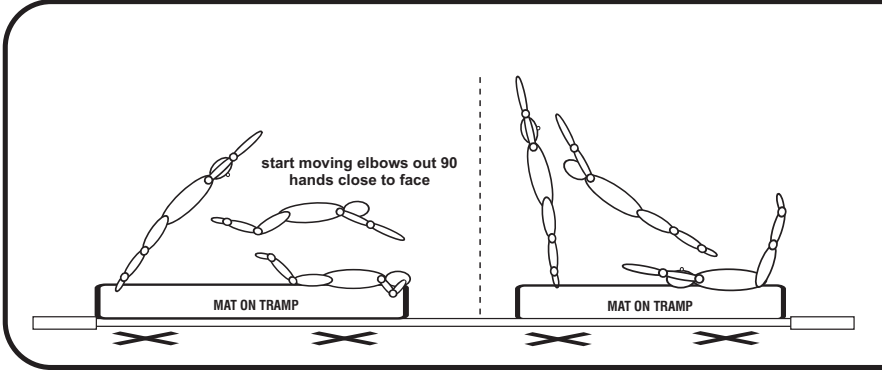
Tuck jump, seat drop, tuck jump, seat drop

TEACHING NOTES:

- ensure no forward/backward travel
- legs tuck above horizontal in tuck jump

LEVEL 2 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 10



Back drop and front drop with mat on tramp

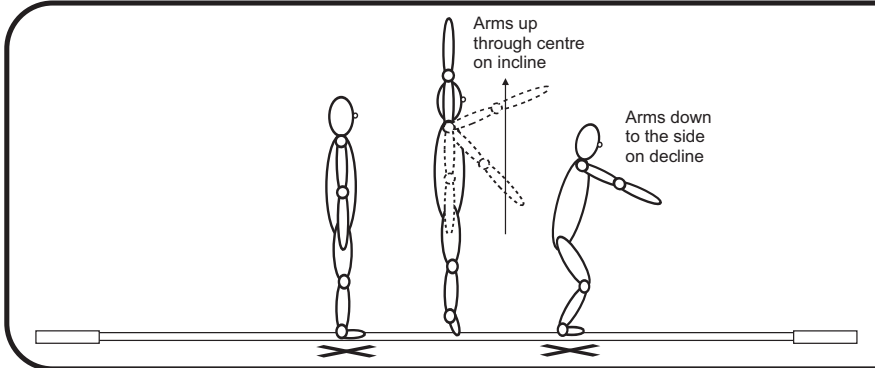
TEACHING NOTES:

- ensure they can perform the correct position on a mat comfortably
- ensure no forward/backward travel

TRAMPOLINE

LEVEL 3 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 1



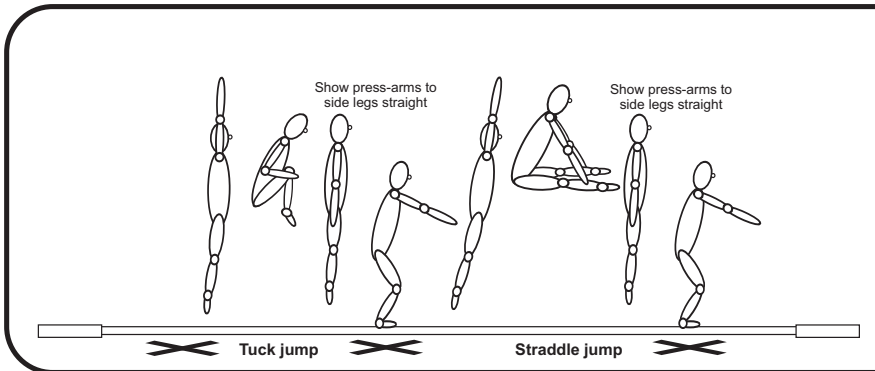
10 Bounces in a row with arm circles and safety landing

TEACHING NOTES:

- should show control in these positions
- head neutral
- view trampoline end
- increased control and comfort with arms above head

LEVEL 3 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 2



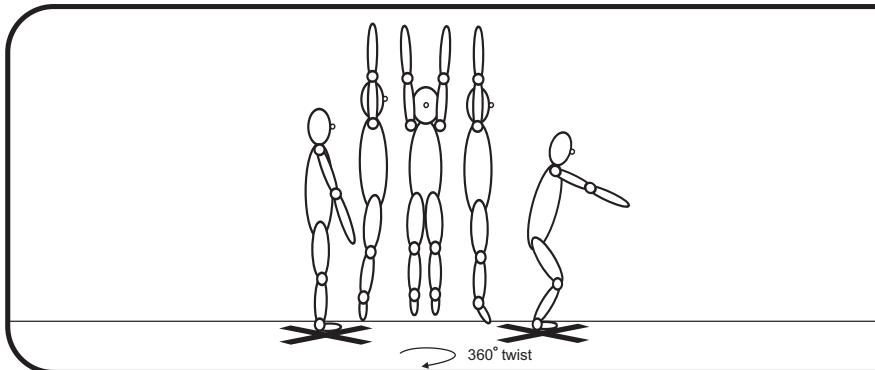
Tuck/pike/straddle jumps on cross (legs close to full shape)

TEACHING NOTES:

- show each jump individually with confidence
- start combining the two jumps
- must have enough control to perform shape at the top of the bounce
- legs close to chest in tuck
- legs at horizontal in pike
- legs at horizontal and 90 in straddle

LEVEL 3 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 3



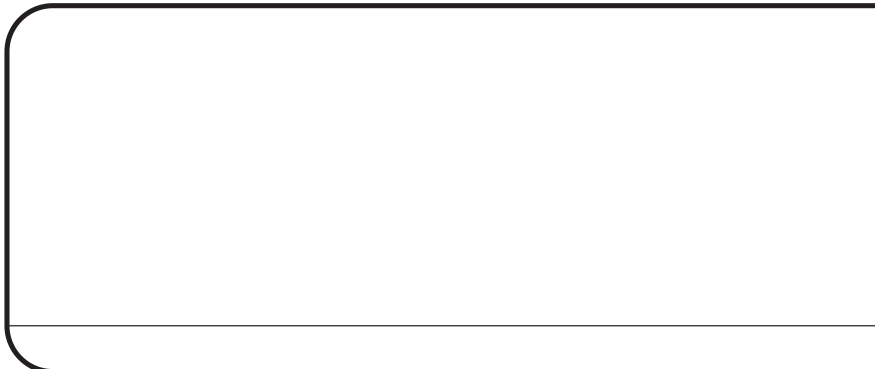
Jump 1/1 turn to safety landing

TEACHING NOTES:

- no arm movement
- turn initiated from feet
- can be performed with arms up or at side
- ensure no forward/backward/sideways travel

LEVEL 3 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 4



Seat drop, back drop or front drop with thrown mat

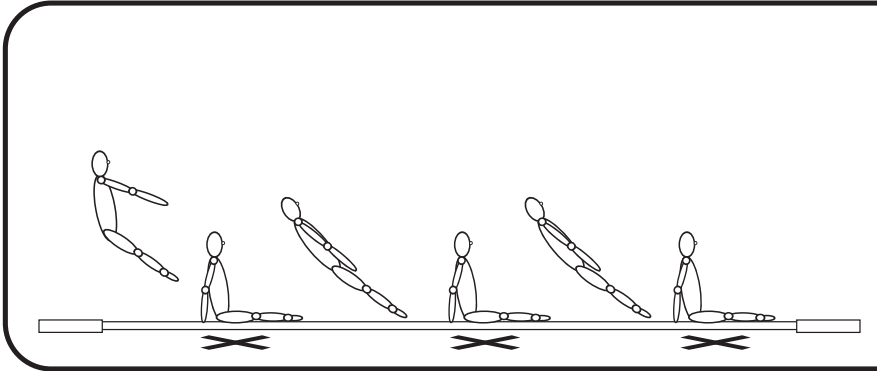
TEACHING NOTES:

- participants may travel sideways
- ensure they stay on the cross
- use "ready", "and", "1", "2", "3" before skill
- only trained coaches can throw mat
- try with all three skills

TRAMPOLINE

LEVEL 3 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 5



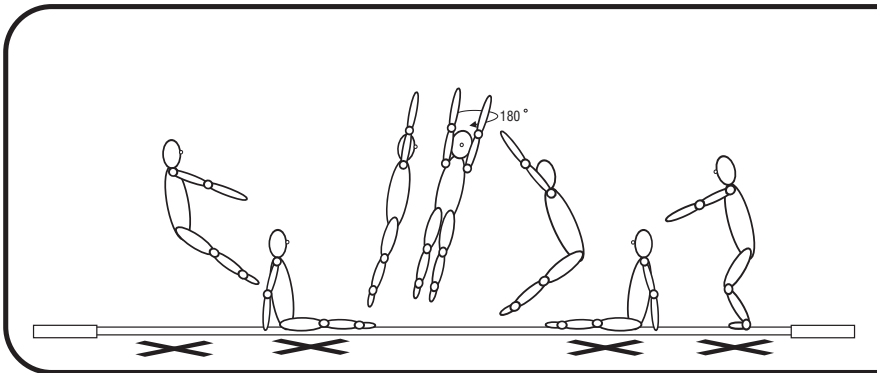
Five consecutive seat drop in a row

TEACHING NOTES:

- participants do not return to feet
- participants push with hands and lean shoulders back
- hips should be fully extended in each one
- this is a progression for a roller

LEVEL 3 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 6



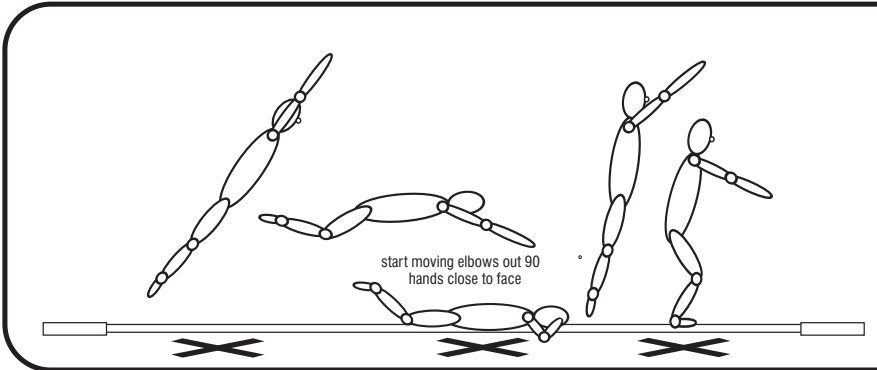
Swivel hips, 2 or more in a row

TEACHING NOTES:

- ensure all lead up skills are done correctly
- produce sufficient rotation and twist with hand push and swiveling legs to the right or left
- participant should try both directions
- try both directions

LEVEL 3 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 7



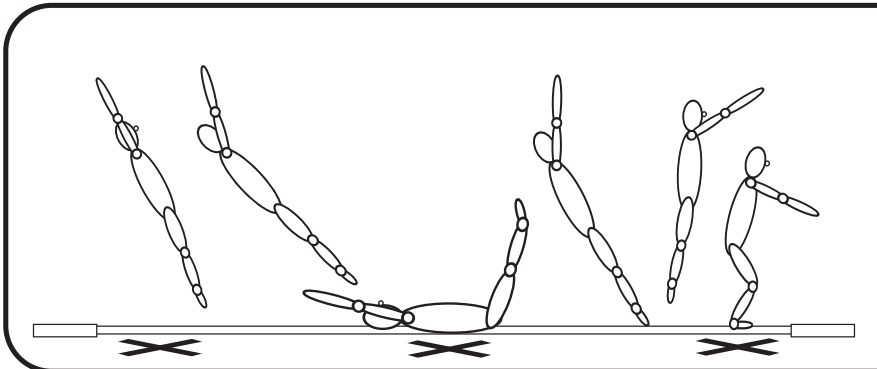
Front drop return to feet

TEACHING NOTES:

- kick legs straight to go from the stomach back up to feet
- ensure no forward/ backward traveling
- ensure tight body at bed contact
- use throw mat as a progression if participant is inconsistent

LEVEL 3 - GYMNASTICS FOUNDATIONS- TRAMPOLINE TRAINED

SKILL 8



Back drop return to feet

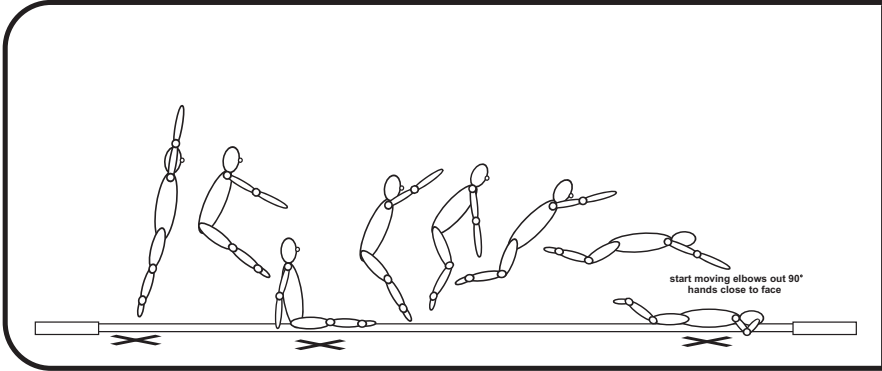
TEACHING NOTES:

- extend hips and lower the legs to rise back up to the feet

TRAMPOLINE

LEVEL 3 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 9



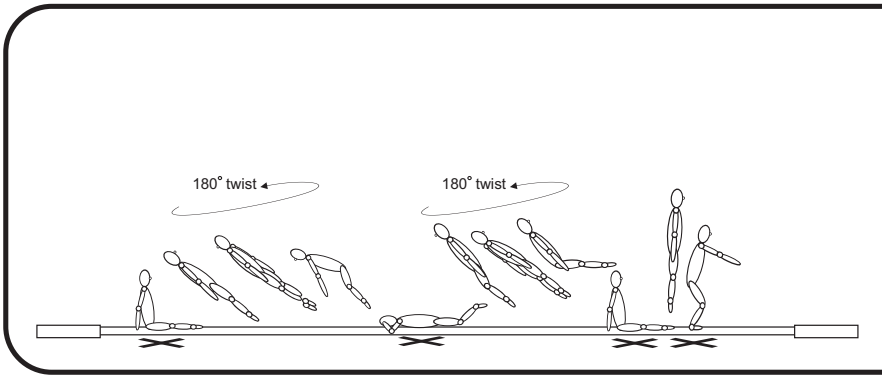
Seat drop to front drop to feet

TEACHING NOTES:

- the hands push off the bed causing the body to rotate forward
- bending the knees will cause the body to rotate faster
- use seat drop, hand drop to feet as progression
- ensure no forward/ backward travel

LEVEL 3 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 10



Seat drop roll, 1/2 turn to front drop roll to seat drop

TEACHING NOTES:

- this is a progression for a roller
- ensure they can initiate twist during contact phase by pushing down on the bed
- Do 2 or more seat drops in a row before initiating turn
- ensure low bounces when learning

TRAMPOLINE

LEVEL 4 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 1

<p>Arms up through centre on incline</p> <p>Arms down to the side on decline</p>	<p>Timed 10 bounces on cross > 10 sec. (with arm circles)</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - arms should swing straight up in front during the upward phase - as the body starts to come down arms follow down to the side of the body - view end of the trampoline - give participant 3 bounces before timing starts
--	---

LEVEL 4 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 2

<p>Show press-arms to side legs straight</p> <p>Show press-arms to side legs straight</p> <p>Tuck jump</p> <p>Straddle jump</p>	<p>Tuck/straddle jumps on cross legs close to full height with kick out</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - show each jump individually with confidence - start combining the two jumps - must have enough control to perform shape at the top of the bounce
---	---

LEVEL 4 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 3

<p>Show press-arms to side legs straight</p> <p>Chest < 90°</p> <p>Pike jump</p>	<p>Pike jumps on cross with kick out</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - must have enough flexibility to perform the shape at the top of the bounce
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LEVEL 4 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

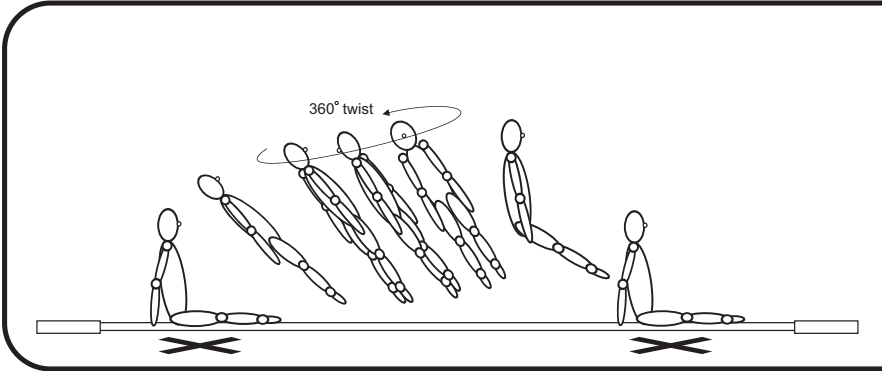
SKILL 4

	<p>Seat drop to front drop to seat drop to feet</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - important to create enough rotation - legs and hips must be straight in transition - participants cannot tuck through
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TRAMPOLINE

LEVEL 4 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 5



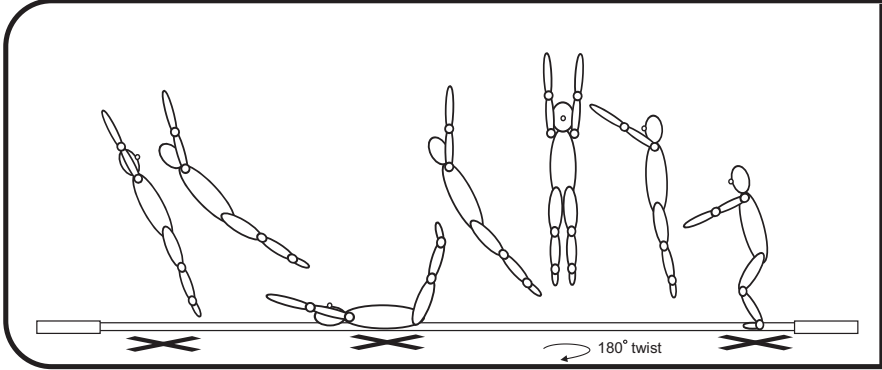
Roller

TEACHING NOTES:

- ensure they have mastered seat drops in a row
- extend hips to accelerate twist
- twist is produced during the contact phase by pushing down on the bed
- perform from low bounces and with 2 seat drops before twist

LEVEL 4 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 6



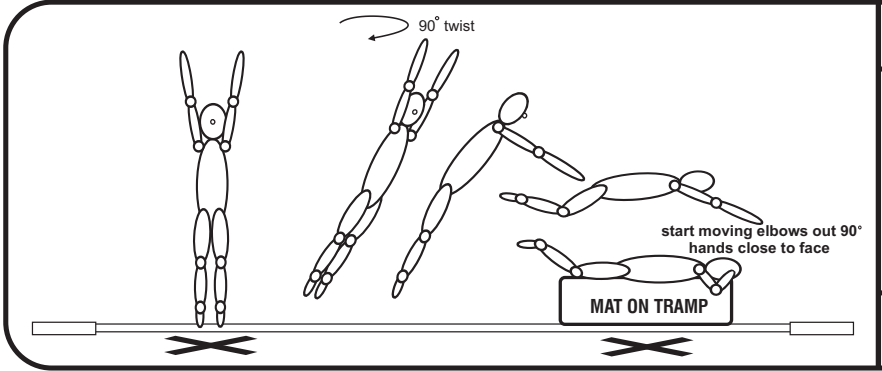
Back drop 1/2 turn to feet

TEACHING NOTES:

- extend the hips as the body is rising from the bed
- only a small amount of twist is needed from the bed
- important to view the bed throughout the skill
- participant must land on centre line

LEVEL 4 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 7



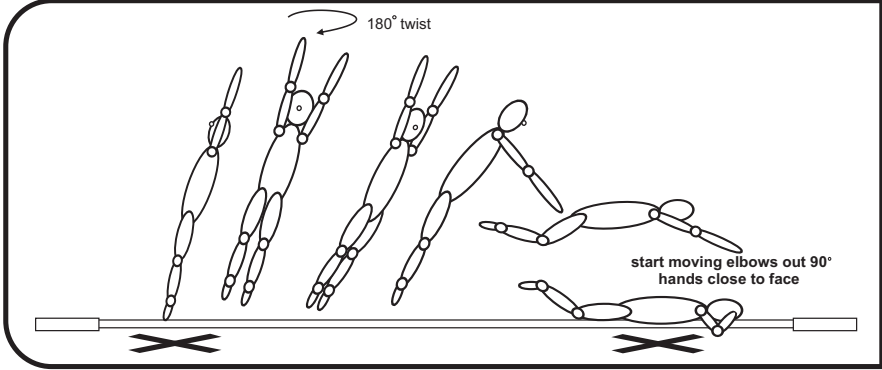
1/4 turn to front drop

TEACHING NOTES:

- in order to create backward rotation the body should be slightly extended at take off
- a twist is produced during contact with the bed
- can use mat on tramp or thrown mat
- ensure back drop take off is mastered
- can be done on mat off trampoline

LEVEL 4 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 8



Airplane (1/2 turn to front drop)

TEACHING NOTES:

- ensure participant can safely land in the correct position
- can use throw mat
- can be done on mat off trampoline

NOTE: ALL DIAGRAMS SHOW A HORIZONTAL PROGRESSION ACROSS TRAMPOLINE FOR BETTER DESCRIPTION OF THE SKILLS. THESE SHOULD BE PERFORMED WITH ONE POSITION ON THE TRAMPOLINE IN A VERTICAL MOTION ONLY

TRAMPOLINE

LEVEL 4 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 9

	<p>Baby cradle (seat drop, 1/2 turn to back drop)</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - ensure they can do consecutive hand-knee drop to front drop comfortably - this is a late turning skill - use seat drop to front drop, 1/2 turn to back drop on rebound as a progression - do not use swivel hip as a progression
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LEVEL 4 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

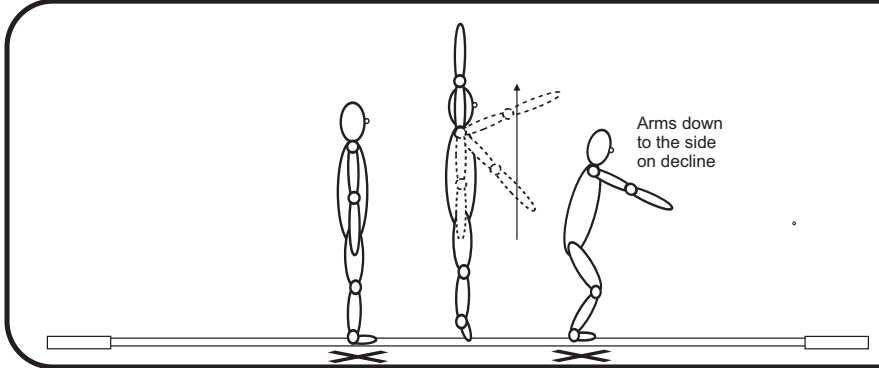
SKILL 10

	<p>Routine - straddle jump, seat drop, swivel hips, 1/2 turn to feet, tuck jump, front drop, to feet, pike jump, back drop, to feet controlled landing</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - teach 2-3 skills combined before attempting the entire routine - ensure minimal forward/backward travel
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TRAMPOLINE

LEVEL 5 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 1



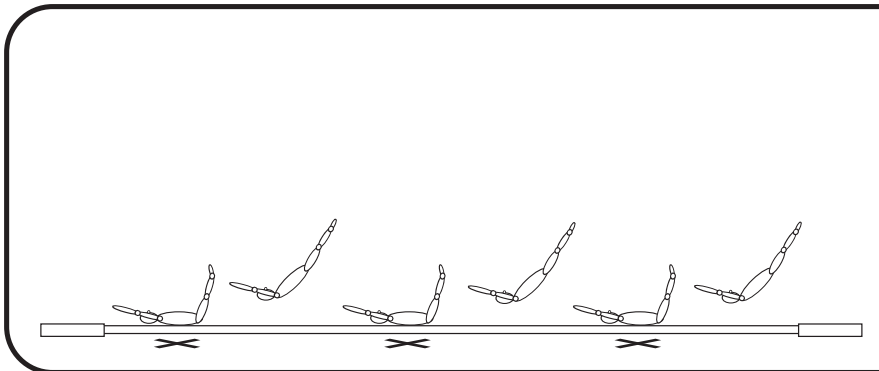
Timed 10 bounces on cross timed > 11 sec.

TEACHING NOTES:

- allow 3 bounces before timing begins

LEVEL 5 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 2



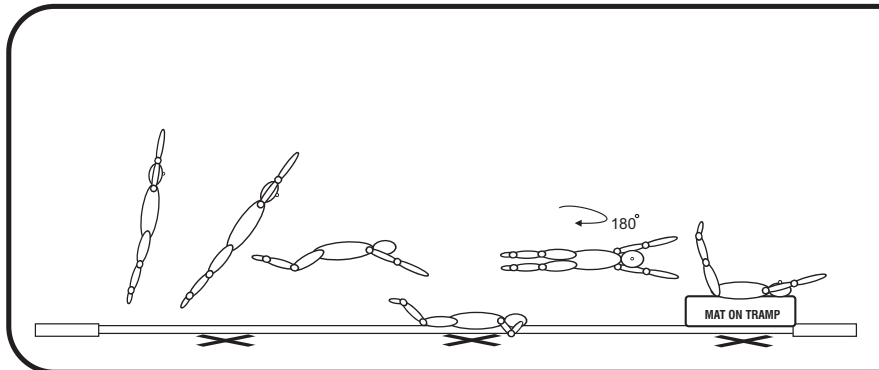
5 Back drops in a row

TEACHING NOTES:

- participant does not return to feet
- ensure participant stays on cross
- hips should extend to candle position in the air

LEVEL 5 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 3



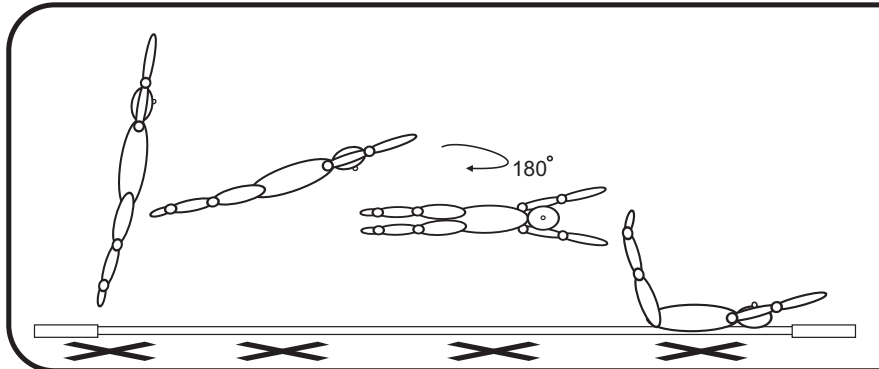
Front drop, roll 1/2 turn to back drop on rebound

TEACHING NOTES:

- body should start to rotate forwards by piking the body slightly during take off
- can use throw mat for progression
- ensure correct technique on front drop
- ensure no travelling

LEVEL 5 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 4



Jump 1/2 turn to back drop

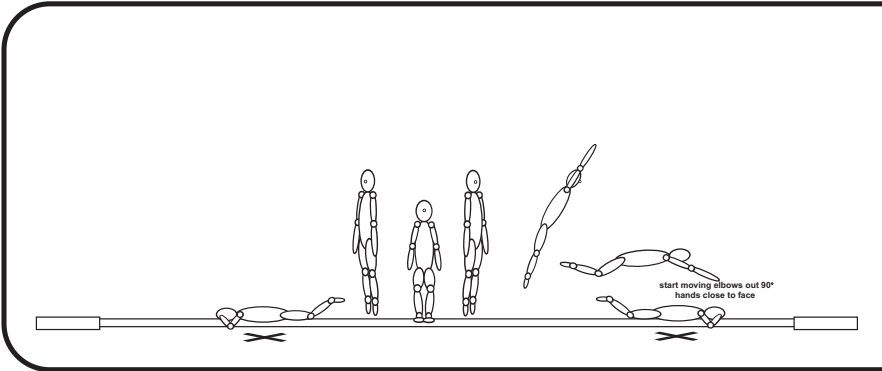
TEACHING NOTES:

- body should start to rotate forwards by piking the body slightly during take off
- more forward rotation is needed than in a front drop
- late twisting skill

TRAMPOLINE

LEVEL 5 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 5



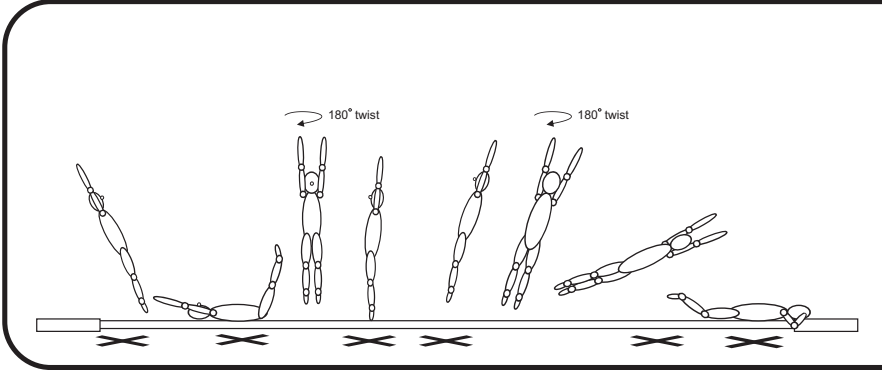
Front drop $\frac{1}{4}$ turn to feet, $\frac{1}{4}$ turn to front drop

TEACHING NOTES:

- progression for a cruise
- ensure airplane is mastered
- participant should see the trampoline bed during the entire skill

LEVEL 5 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 6



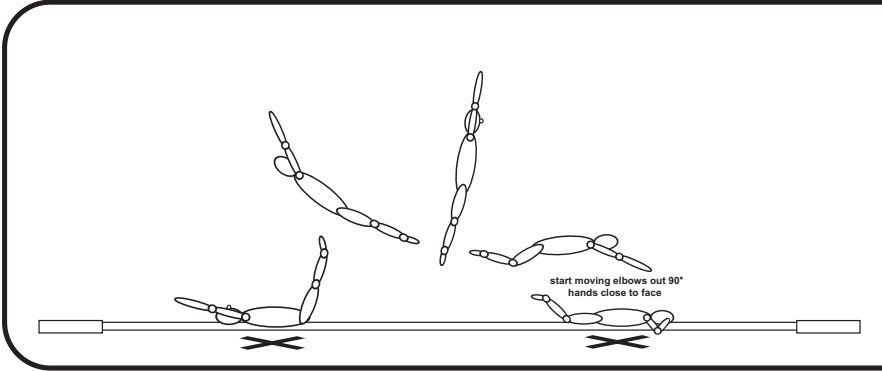
Back drop $\frac{1}{2}$ turn to feet, airplane

TEACHING NOTES:

- can connect skills with straight jump as progression
- ensure participant has a consistent turning direction

LEVEL 5 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 7



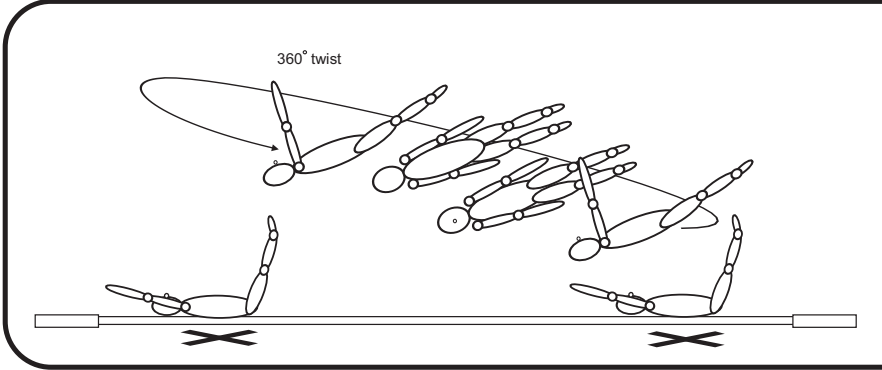
Back drop to front drop (forward)

TEACHING NOTES:

- ensure they have good hip extension and heel kick in order to create enough forward rotation
- challenge them to come back up to feet
- back drop must have correct technique and not travel

LEVEL 5 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 8



Cat twist (back drop, 1/1 twist, back drop)

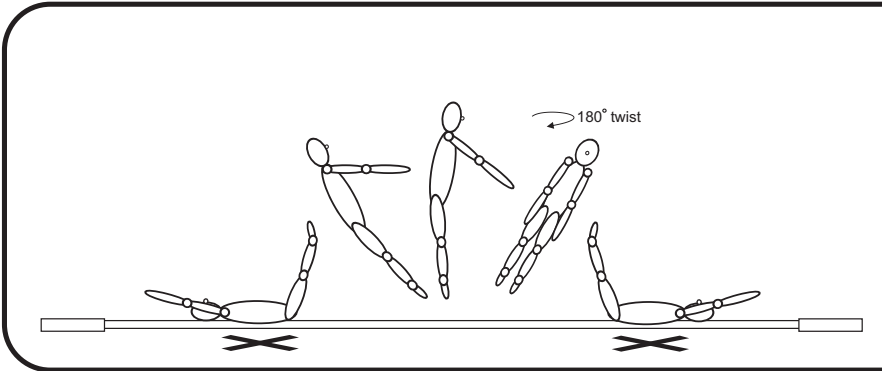
TEACHING NOTES:

- try to perform 2-3 back drops in a row before twisting
- bring arms in close to accelerate the turn
- arms spread out before landing
- ensure minimal sideways travel
- can use back drop, roll 1/2 to hand knee, roll 1/2 to back drop progression

TRAMPOLINE

LEVEL 5 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 9



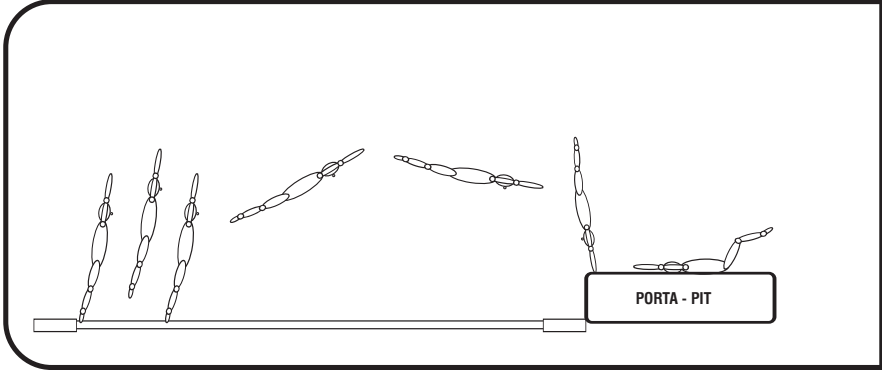
Cradle (back drop, 1/2 turn, back drop)

TEACHING NOTES:

- ensure they have good hip extension and kip in order to create enough forward rotation
- can also practice seat drop, baby cradle lead up skill
- this is a late twisting skill - twist should happen after body passes vertical

LEVEL 5 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 10



Dive roll off tramp onto mat or height

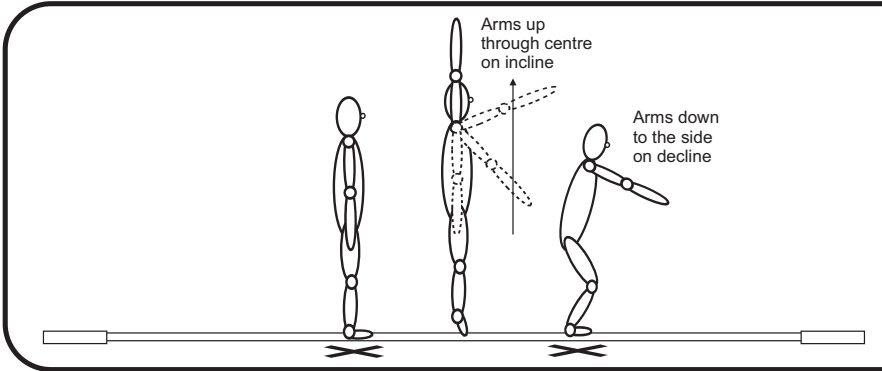
TEACHING NOTES:

- ensure participant has height not distance
- height should be minimum hip height

TRAMPOLINE

LEVEL 6 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 1



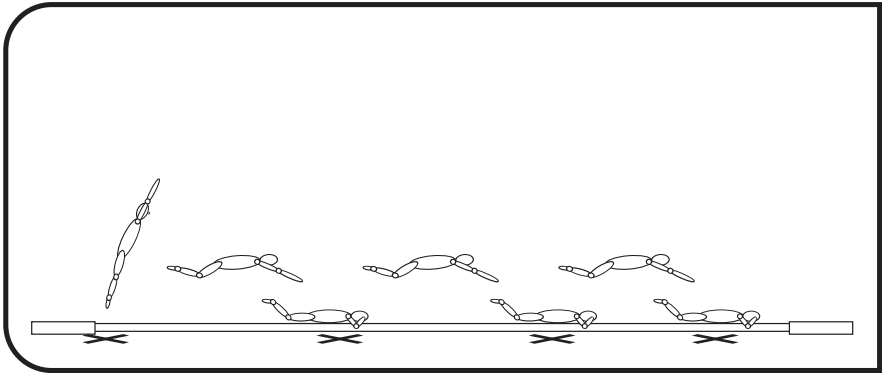
Timed 10 bounces on cross > 12 sec. (with arm circles)

TEACHING NOTES:

- arms should swing straight up in front during the upward phase
- as the body starts to come down arms follow down to the side of the body
- view end of the trampoline

LEVEL 6 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 2



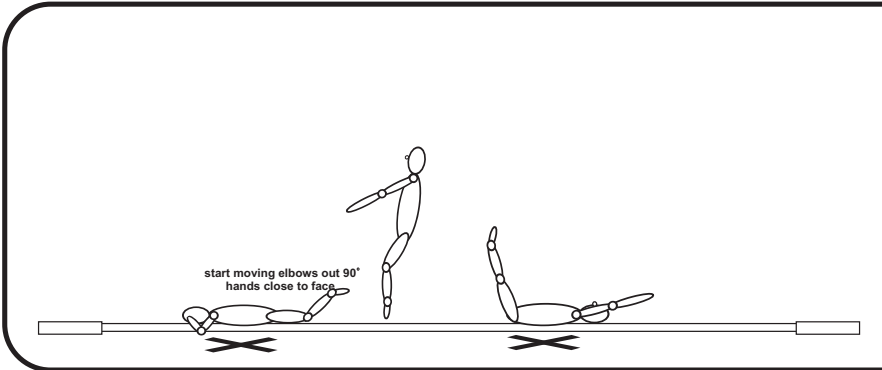
5 front drops in a row

TEACHING NOTES:

- can practice hand-knee drop to front drop to hand-knee drop to front drop as a progression

LEVEL 6 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 3



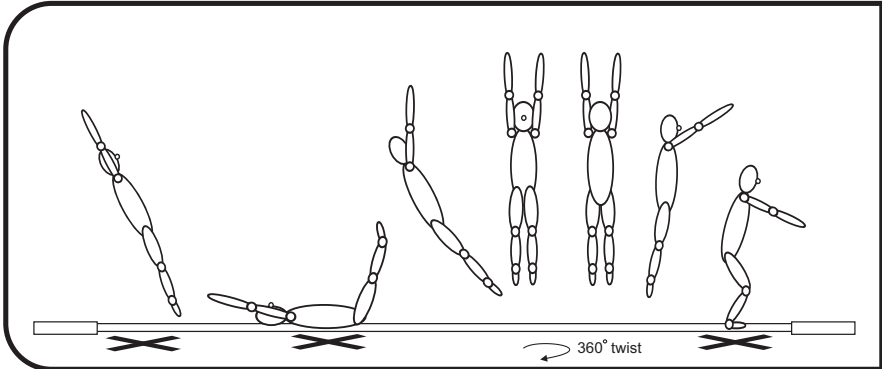
Front drop to back drop

TEACHING NOTES:

- must have good kicking action with the lower legs to create enough rotation
- can practice front drop, to feet, back drop as a progression
- can practice front drop to seat drop to back drop on rebound as a progression

LEVEL 6 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 4



Back drop 1/1 twist to feet

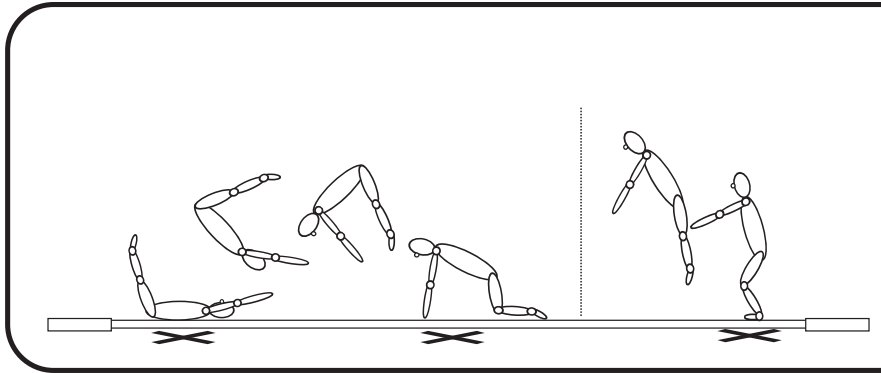
TEACHING NOTES:

- can practice back drop, 1/2 turn to feet; add small increments to the turn

TRAMPOLINE

LEVEL 6 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 5



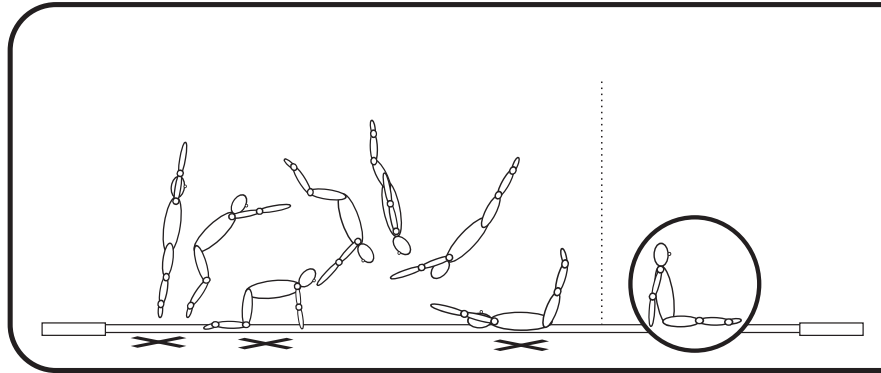
Back drop pullover to hand knee drop and to feet

TEACHING NOTES:

- ensure back drop does not travel
- lead up for back somersault
- land in an opened pike position so legs are low
- upon contact the body pikes and extends in the pike
- can practice backward extension on tramp as a progression

LEVEL 6 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 6



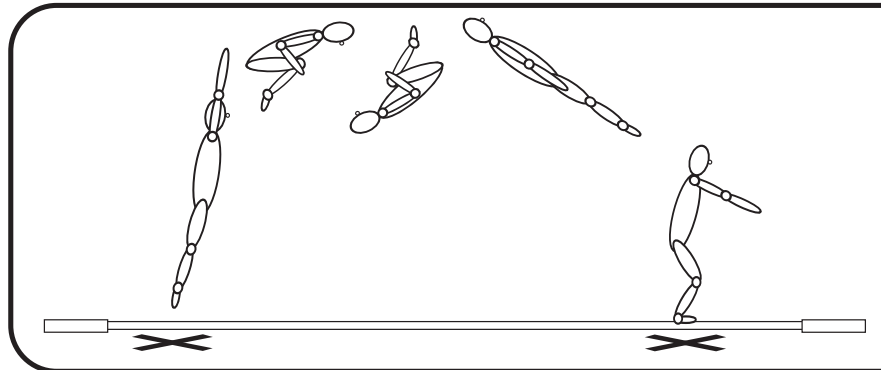
Hand-knee drop flip to back drop and to seat drop

TEACHING NOTES:

- press the knees into the bed as it is rising to generate enough forward rotation
- ensure participant has minimal travel forward/backward
- ensure participant looks at cross as long as possible before flipping

LEVEL 6 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 7



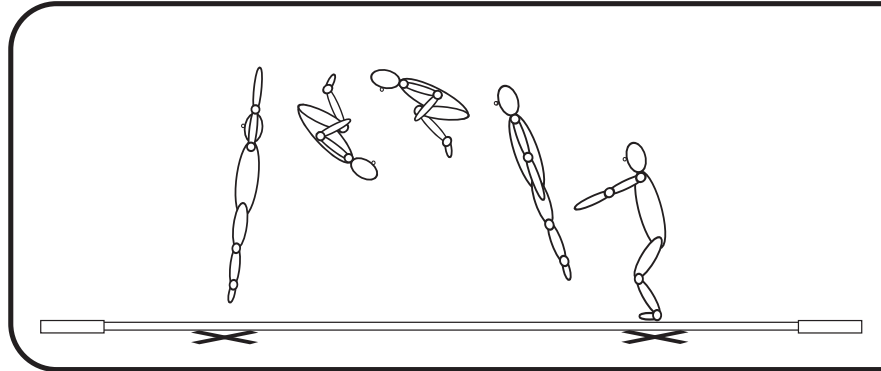
Front tuck with assistance or with thrown mat

TEACHING NOTES:

- can have full spot from coach, or partial spot, or a thrown mat
- progress to step in spotting
- then use a safety mat
- participant should not travel forward/backward

LEVEL 6 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 8



Back tuck progression

TEACHING NOTES:

- can be double assisted, onto mats going off tramp, in belt or bungee
- participants are assisted or doing progression broken up or at slower speed
- Eg. Hand spotted, jump to flat back in arms, participant tucks, coach rotates them backward to land on feet
- Eg. Backdrop onto stacked mats with incline, roll down

TRAMPOLINE

LEVEL 6 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 9

	<p>Back tuck with coach assistance</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - direct spotting should be used first - participant should be able to rotate to their feet with assistance from a coach - coach should not create the rotation

LEVEL 6 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 10

	<p>Routine - Airplane, to feet, pike jump, back drop, 1/2 turn to feet, tuck jump, seat drop, to front drop, to feet, jump 1/1 turn, controlled landing</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - routine must flow continuously to each skill - teach 2-3 skills combined before attempting entire routine - check that skills are twisting in the same direction

TRAMPOLINE

LEVEL 7 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 1

	<p>Timed 10 bounces on cross > 13 sec. (with arm circles)</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - arms should swing straight up in front during the upward phase - as the body starts to come down arms follow down to the side of the body - view end of the trampoline - allow 3 bounces before timing starts
--	--

LEVEL 7 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 2

	<p>10 back drops in a row</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - participants do not return to feet - ensure participant stays on cross
--	--

LEVEL 7 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 3

	<p>Cruise (front drop, 1/2 turn, front drop)</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - participant should watch the bed during the entire skill - twist is created by pushing harder with one hand - ensure participant has mastered front drop to back drop with straight body - twist must occur in middle of the skill
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LEVEL 7 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 4

	<p>1/1 twist to back drop</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - can practice airplane, 1/2 turn to back drop as a progression - ensure participant has a consistent turning direction - ensure good back drop take off - ensure no forward/backward traveling - can practice on mat off trampoline
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TRAMPOLINE

LEVEL 7 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 5

	<p>Front tuck with kick out</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - participant should try to remain straight during takeoff - adopt tuck position once airborne and extend body prior to landing - ensure tuck jump with kickout is mastered - can practice tuck jump to press position lying on floor - kickout should be done at 3:00 or 3/4 of flip

LEVEL 7 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 6

	<p>Front tuck off tramp, kickout to land on back on porta-pit, roll 1/2 turn to stomach off tramp</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - this drill is used for teaching barani's - it ensures they know when to kick out for the twist - participants must keep the head neutral

LEVEL 7 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 7

	<p>Back tuck with kick out</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - as the bed is rising the body arches slightly to create backwards rotation - body must extend prior to landing - ensure participant has visual cue of cross before landing

LEVEL 7 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

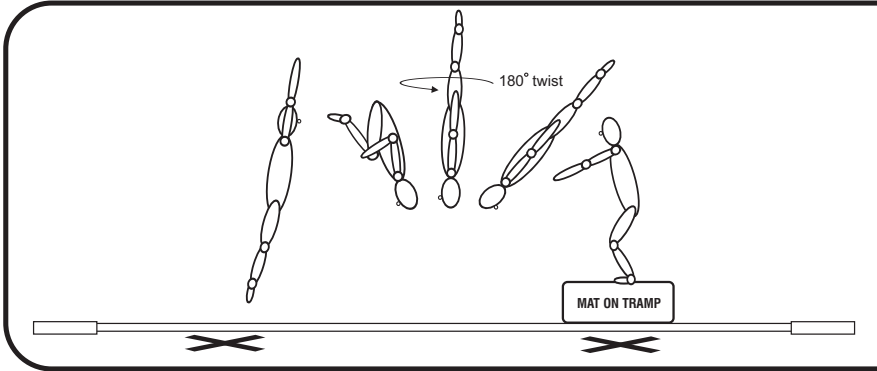
SKILL 8

	<p>Front pike</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - participants must adopt the pike position quickly to have enough time to extend the body and land - a common error is to over rotate - can practice with thrown mat or off tramp as progression - ensure consistent landing before attempting on tramp with no mat

TRAMPOLINE

LEVEL 7 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 9



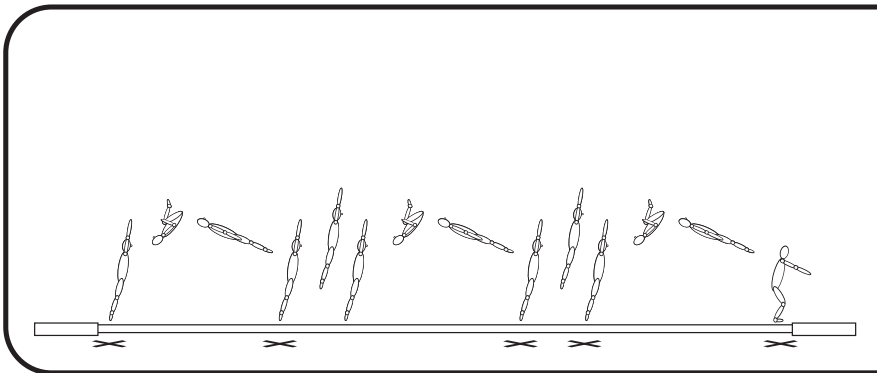
Tuck barani with thrown mat or off tramp

TEACHING NOTES:

- can spot landing when learning
- ensure participant has visual cue before landing
- participant must create flip (tuck) before twisting
- twisting occurs during kickout

LEVEL 7 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 10



Front tuck straight jump 3 in a row on cross

TEACHING NOTES:

- participant should maintain or gain height throughout
- ensure participant has minimal forward/backward travel

TRAMPOLINE

LEVEL 8 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 1

<p>Arms up through centre on incline</p> <p>Arms down to the side on decline</p>	<p>Timed 10 bounces on cross > 14 sec. (with arm circles)</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - arms should swing straight up in front during the upward phase - as the body starts to come down arms follow down to the side of the body - view end of the trampoline - allow 3 bounces before timing begins
--	--

LEVEL 8 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 2

	<p>Front drop to back drop, pull over to feet</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - ensure front drop does not travel fwd/bwd on takeoff
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LEVEL 8 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 3

	<p>Shape jump, salto skill connected</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - eg. tuck jump, front tuck
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LEVEL 8 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

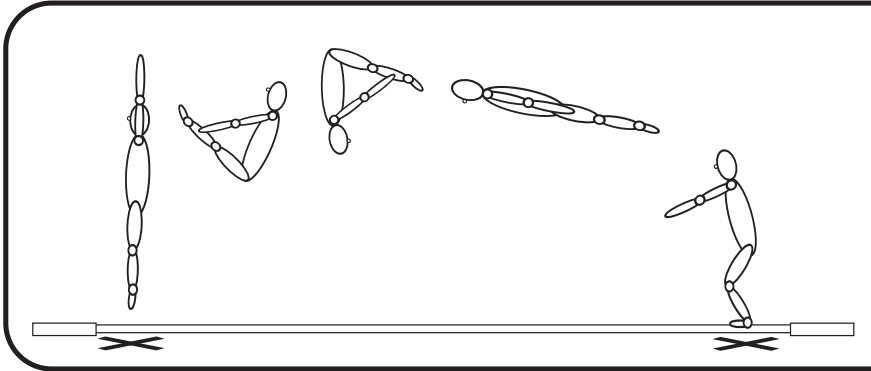
SKILL 4

	<p>Back drop, pull over to front drop, to feet</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - should be performed from low bounces - progression for back 3/4 - ensure minimal travel backward
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TRAMPOLINE

LEVEL 8 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 5



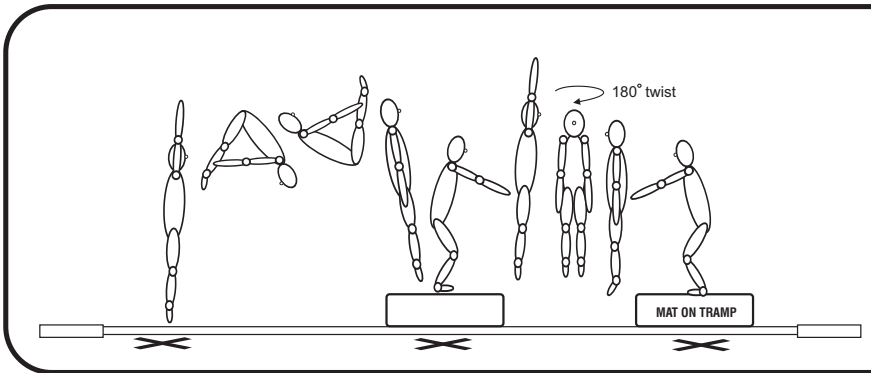
Back pike on tramp with kick out

TEACHING NOTES:

- ensure good extension at take off
- ensure pike position is adopted quickly to allow time for extension to land
- ensure visual cue before landing

LEVEL 8 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 6



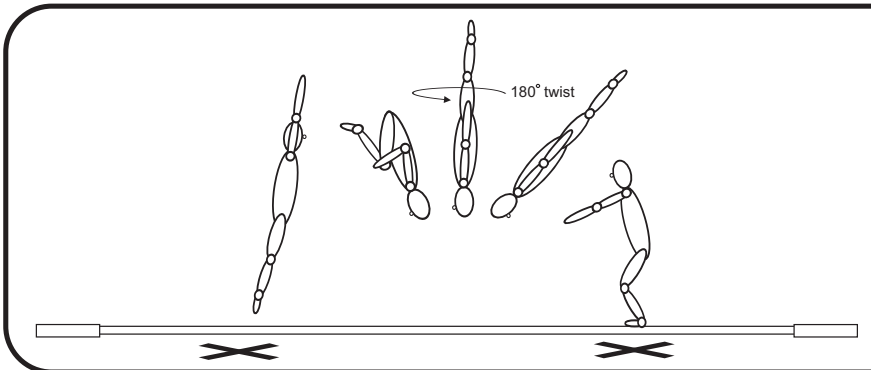
Front pike. land, jump 1/2 turn with thrown mat

TEACHING NOTES:

- throw mat is used for safety due to blind landing
- ensure front pike does not travel

LEVEL 8 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 7



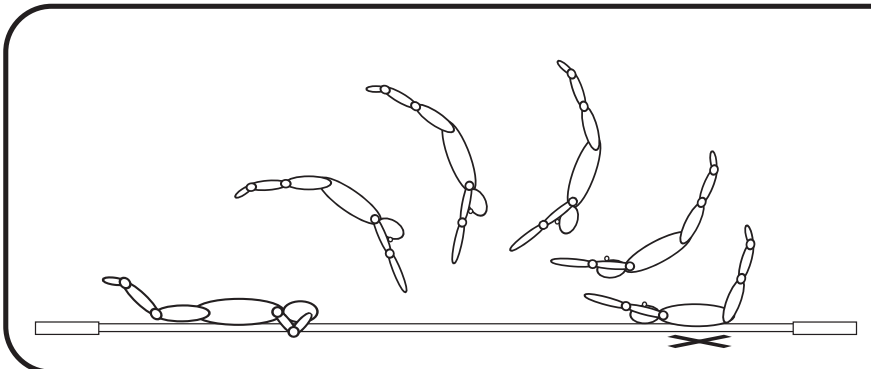
Tuck barani

TEACHING NOTES:

- ensure enough rotation is created and the twist occurs once the position is opened

LEVEL 8 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 8



Front drop, forward pullover to back drop

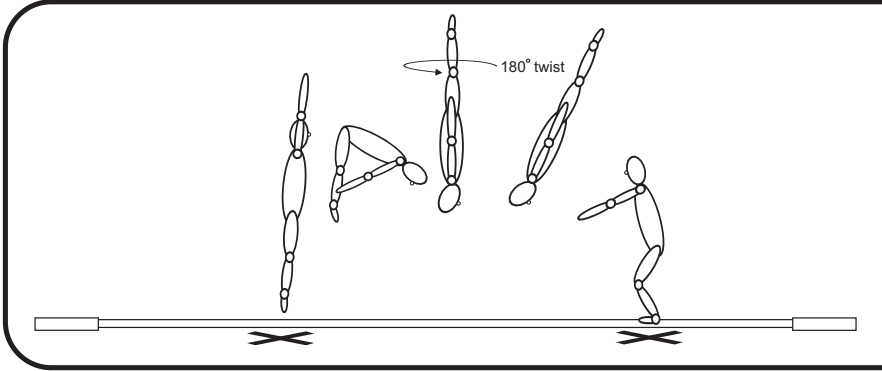
TEACHING NOTES:

- very visual - participants need to see bed
- as the bed is rising the body is extended from the pike
- in flight the body is extended prior to folding into the piked back drop landing
- must use throw mat in the early learning stages
- using a bwd traveling front drop will help when learning
- can be spotted

TRAMPOLINE

LEVEL 8 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 9



Pike barani with throw mat or off tramp

TEACHING NOTES:

- ensure twist does not happen early
- participants must complete half a somersault before twisting

LEVEL 8 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 10



Routine - Pike jump, front drop, cruise, to feet, straddle jump, 1/2 turn to back drop, to feet, 1/1 turn, tuck jump, front tuck, controlled safety landing

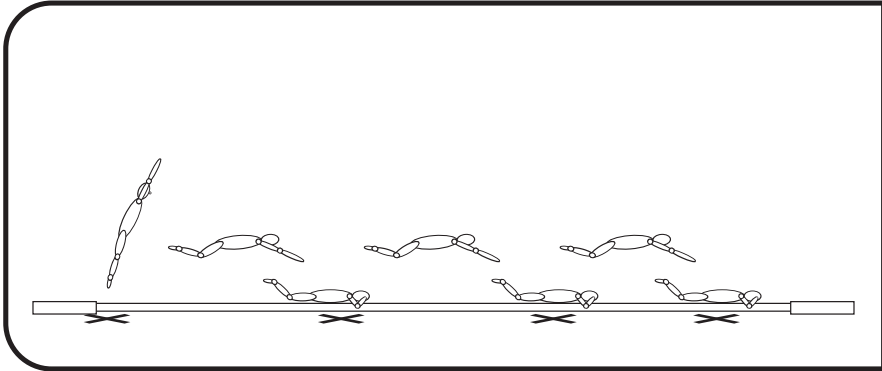
TEACHING NOTES:

- try 2-3 skills connected before trying the entire routine

TRAMPOLINE

LEVEL 9 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 1



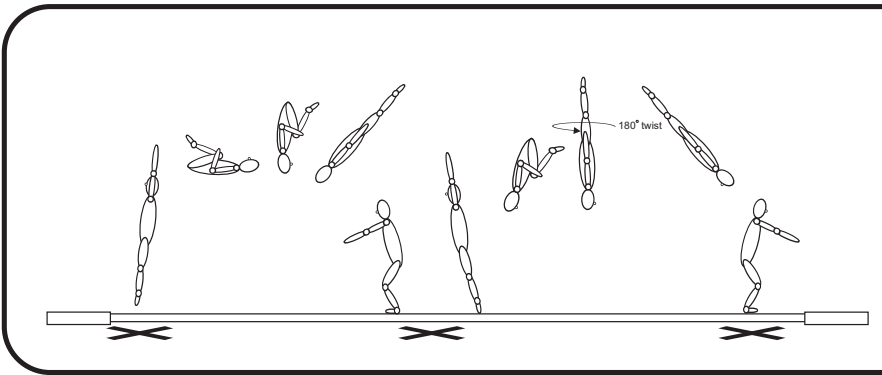
10 front drops in a row

TEACHING NOTES:

- ensure they have minimal travel

LEVEL 9 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 2



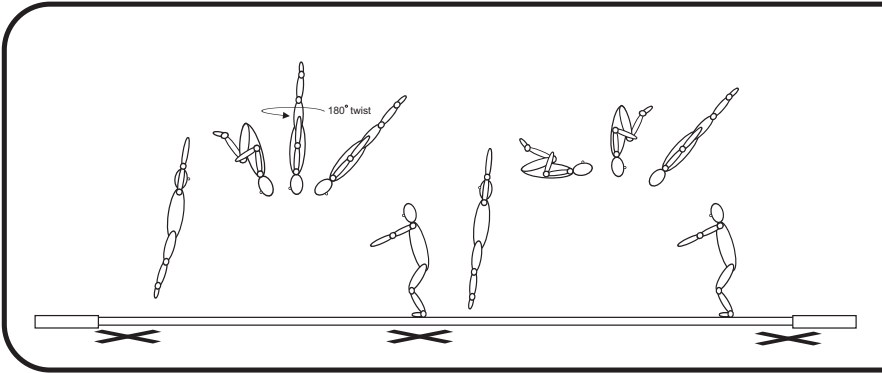
Back tuck, tuck barani

TEACHING NOTES:

- must be connected in sequence (no additional bounces between skills)
- use throw mat for safety; if necessary
- skills must not travel

LEVEL 9 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 3



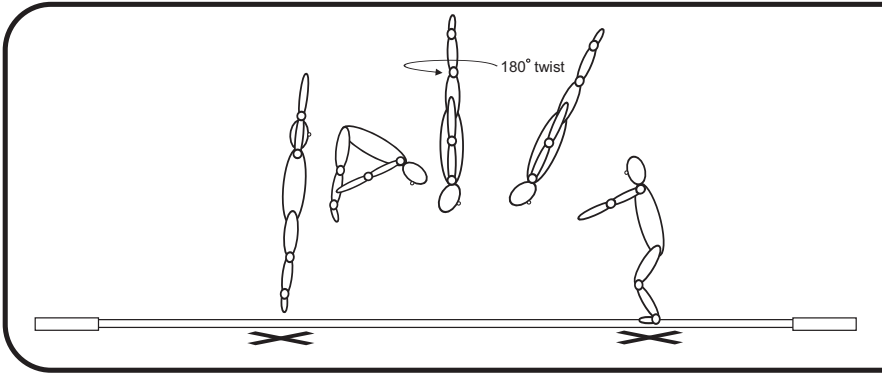
Tuck barani, back tuck

TEACHING NOTES:

- must be connected in sequence (no additional bounces between skills)
- use throw mat for safety; if necessary
- skills must not travel

LEVEL 9 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 4



Pike barani

TEACHING NOTES:

- ensure twist does not happen early
- participants must complete half a somersault before twisting

TRAMPOLINE

LEVEL 9 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 5

	Twisting sequence without feet
	<i>TEACHING NOTES:</i>
	<ul style="list-style-type: none"> - A: back drop to front drop, cruise to back drop, cat twist - B: front drop to back drop, cradle to front drop - must have sufficient bounce height before starting - ensure participant is twisting in same direction

LEVEL 9 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 6

	Back straight
	<i>TEACHING NOTES:</i>
	<ul style="list-style-type: none"> - rotation occurs from pushing hips forward past toes during takeoff - body arches slightly at take off - after take off body straightens and arms are lowered at handstand to increase rotation

LEVEL 9 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 7

	Front straight off tramp or on tramp with thrown mat
	<i>TEACHING NOTES:</i>
	<ul style="list-style-type: none"> - throw mat must be used if on trampoline (blind landing) - if performed on tramp - must have no travel fwd/bwd

LEVEL 9 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 8

<p style="text-align: center;">AERIAL VIEW OF TRAMPOLINE</p>	1/2 turn table
	<i>TEACHING NOTES:</i>
	<ul style="list-style-type: none"> - ensure participant can do good front drops in a row - can do front drop 1/4 turn to hand knee drop, 1/4 turn to front drop as progression - athlete rotates around anterior posterior axis - athlete will rotate like a semi-circle to face the other side of the trampoline - athlete should remain over the cross for the entire skill

TRAMPOLINE

LEVEL 9 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 9

	<p>Back drop, Porpoise to back drop</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - very visual - participants need to see bed - as the bed is rising the body is extended from the pike - in flight the body is extended prior to folding into the piked back drop landing - must use throw mat in the early learning stages - use back drop to front drop, forward pullover to back drop as progression

LEVEL 9 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

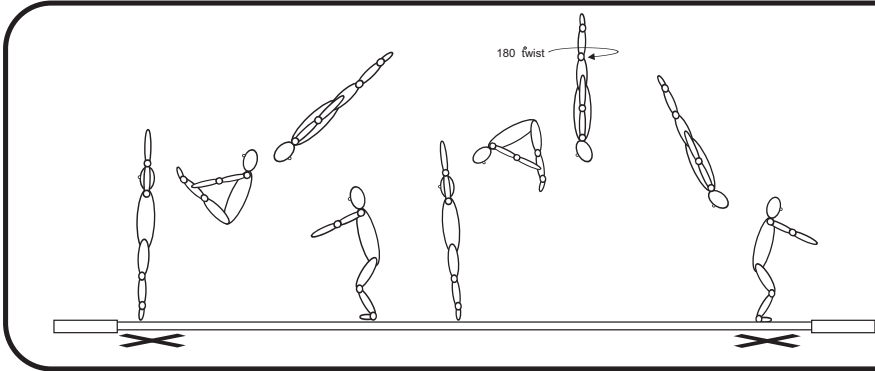
SKILL 10

	<p>Routine - 10 skills (2 inverted skills)</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - 2 inverted skills must be feet to feet flipping skills (eg. back tuck or tuck barani) - teach 2-3 skills combined before attempting entire routine - check that skills are twisting in the same direction

TRAMPOLINE

LEVEL 10 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 1



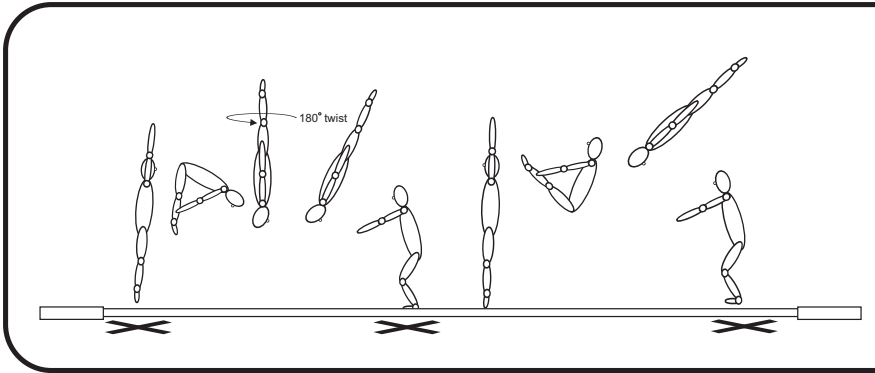
Back pike, pike barani

TEACHING NOTES:

- skills must be connected in sequence (no additional bounces between skills)
- use throw mat for safety; if necessary
- skills must not travel

LEVEL 10 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 2



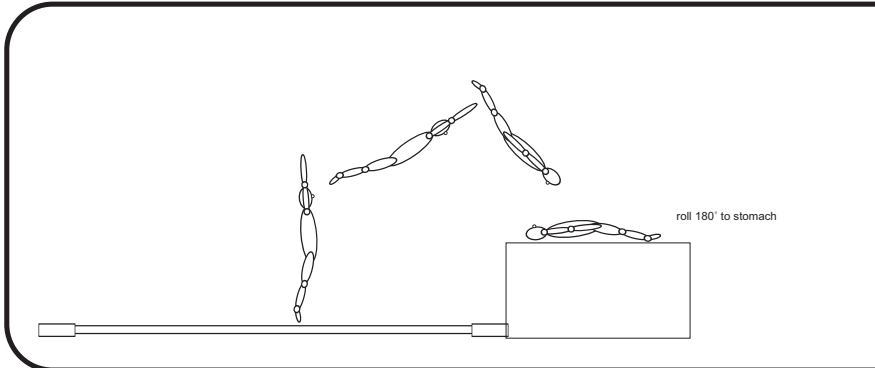
Pike barani, back pike

TEACHING NOTES:

- skills must be connected in sequence (no additional bounces between skills)
- use throw mat for safety; if necessary
- skills must not travel

LEVEL 10 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 3



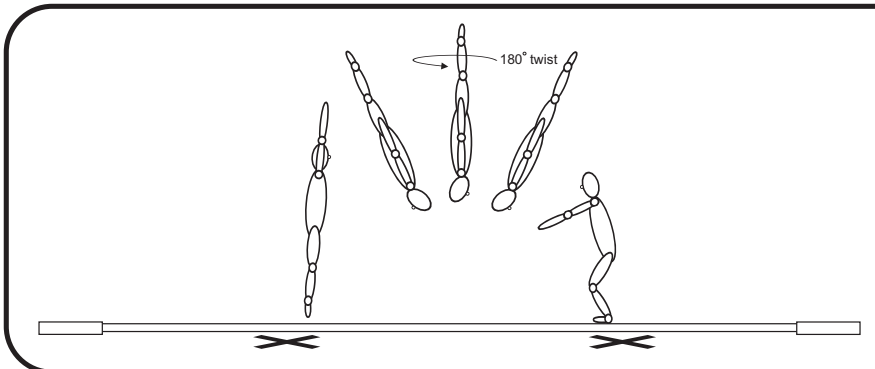
Front straight to flat back on height, roll 1/2 turn

TEACHING NOTES:

- should be chest height or higher

LEVEL 10 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 4



Straight barani

TEACHING NOTES:

- piking of the body is very slight, ensure enough rotation is set by kicking heels back slightly at take off
- bring arms down side when fully inverted (upside down)
- twist should start close to vertical (occur between 11:00 and 1:00)

TRAMPOLINE

LEVEL 10 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 5

	<p>Front $\frac{3}{4}$ straight</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - participant must watch trampoline during take off and before back drop - after take off the body extends and remains straight until vertical when it starts to pike - may use throw mat as a progression - ensure no travel or forward lean on the take off

LEVEL 10 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 6

	<p>Front $\frac{3}{4}$, porpoise, to feet</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - ensure both the front $\frac{3}{4}$ and porpoise are mastered before trying this skill combination

LEVEL 10 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 7

	<p>Back $\frac{3}{4}$ tuck, return to feet</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - head must remain neutral - athlete should kickout in preparation for landing - arms are lifted for landing in preparation for the front drop - should be spotted for beginners - can go to hand knee drop with mat on tramp as a progression

LEVEL 10 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 8

	<p>Routine - 10 skills (Must have 4 inverted skills, 2 straight, and 1 with a twist)</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - try 2-3 skills connected before trying the entire routine - (example of skills - back straight, straight barani (has a twist), back pike, front tuck)

TRAMPOLINE

LEVEL 11 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 1

<p>Arms up through centre on incline</p> <p>Arms down to the side on decline</p>	<p>Timed 10 bounces on cross > 15 sec. (with arm circles)</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - arms should swing straight up in front during the upward phase - as the body starts to come down arms follow down to the side of the body - view end of the trampoline - allow 3 bounces before timing begins
--	--

LEVEL 11 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 2

<p>180° twist</p>	<p>Back 3/4 tuck, cruise, to feet</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - ensure the back 3/4 and cruise are mastered before trying this skill combination
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LEVEL 11 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 3

<p>180° twist</p>	<p>Straight barani, back straight</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - must be connected in sequence (no additional bounces between skills) - use of throw mat for safety; if necessary - skills must not travel
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LEVEL 11 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 4

<p>180° twist</p>	<p>Back straight, straight barani</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - msut be connected in sequence (no additional bounces between skills) - use of throw mat for safety; if necessary - skills must not travel
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TRAMPOLINE

LEVEL 11 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 5

	<p>Back drop, full twist to front drop</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - must use throw mat as a progression - back drop 1/2 turn to feet, airplane is a progression
--	--

LEVEL 11 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 6

	<p>Front 3/4 tuck or pike to flat back with throw mat</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - ensure participant keeps chest up on takeoff - participant should adopt shape and kickout at the top of the skill and remain straight to back - participant should look at the bed for as long as possible
--	---

LEVEL 11 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 7

	<p>Back straight 1/2 twist off tramp or on tramp with throw mat</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - late twisting skill - twist should happen after the first 1/2 of somersaulting - tilt twist and dropping an arm should be introduced - if done on tramp, must use throw mat due to blind landing
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LEVEL 11 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 8

	<p>Back straight with a 1/1 twist off tramp or on mat</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - tilt twist is used by dropping one arm at a time to body - should be able to view the bed through out - ensure twist does not start until 1/4 of the somersault has occurred (after 9:00) - twist should be complete by last 1/4 of somersault (by 3:00)
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TRAMPOLINE

LEVEL 11 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

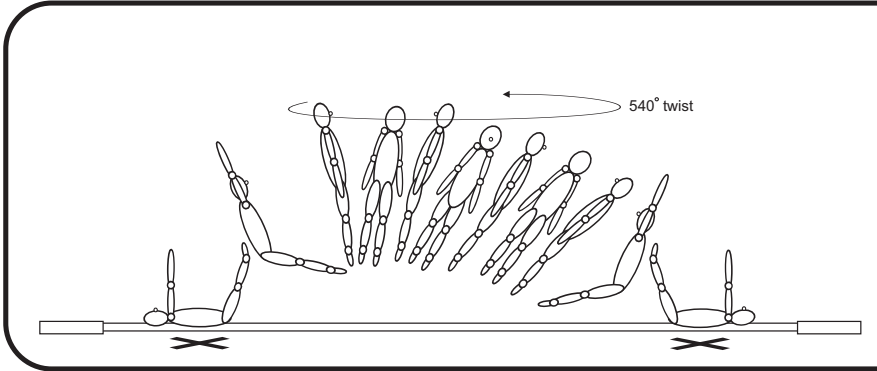
SKILL 9

	Tuck/pike/straight barani, back tuck/pike/straight repeated 2-3 times in a row
	<i>TEACHING NOTES:</i> - do up to 10 skills

TRAMPOLINE

LEVEL 12 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 1



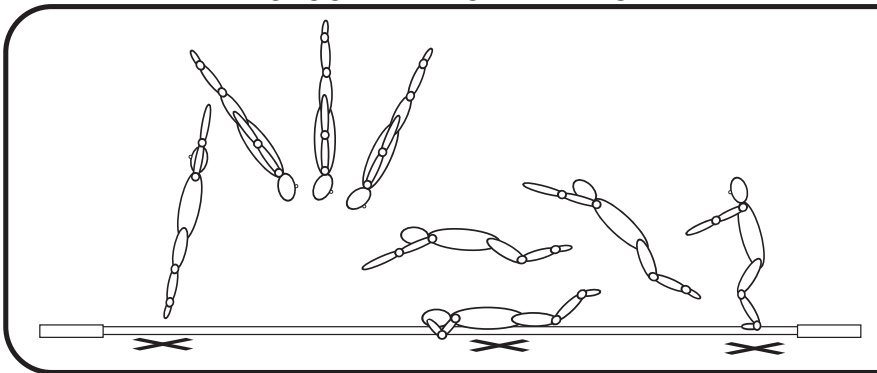
Corkscrew (back drop, 1½ twist, back drop)

TEACHING NOTES:

- must use throw mat as a progression
- progression: back drop, 1/2 to feet, airplane, rebound 1/2 to back drop
- progression: back drop, 1/1 twist to front rebound, 1/2 turn to back drop
- progression: back drop, 1/2 to feet, 1/1 twist to back drop

LEVEL 12 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 2



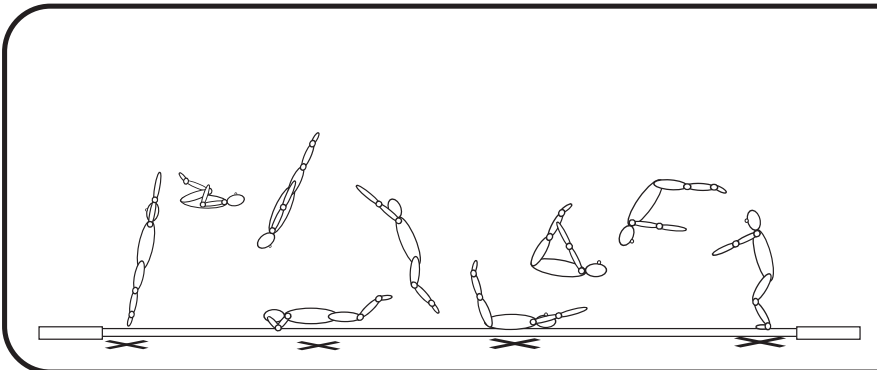
Back ¾ pike/straight, return to feet

TEACHING NOTES:

- ensure no travel
- use throw mat as progression

LEVEL 12 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 3



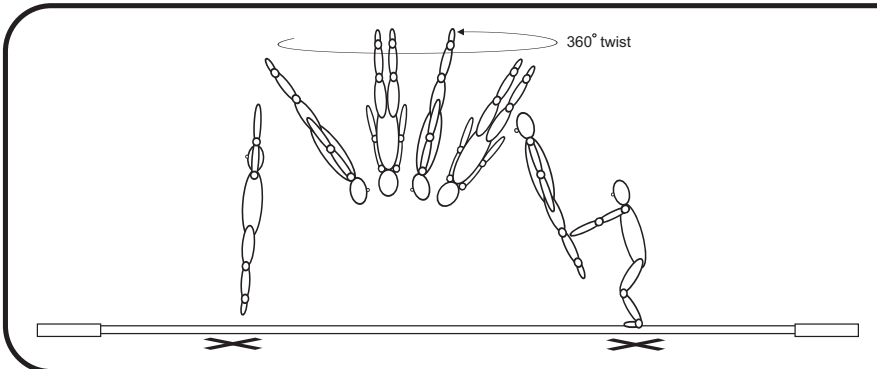
Back 3/4 (any) to back drop to pullover

TEACHING NOTES:

- ensure back 3/4 and back pullover are mastered before connecting

LEVEL 12 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 4



Back straight with a 1/1 twist on tramp

TEACHING NOTES:

- tilt twist is used by dropping one arm at a time close to body
- should be able to view the bed through out
- ensure contact twist does not occur off the bed
- may use throw mat when learning

TRAMPOLINE

LEVEL 12 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 5

	<p>Back tuck, tuck barani, back straight 1/1 twist connected</p> <hr/> <p style="text-align: center;"><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - must be connected in sequence (no additional bounces between skills) - use throw mat for safety; if necessary - skills must not travel
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LEVEL 12 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 6

	<p>Front straight, 1/1 twist off tramp or on tramp with throw mat</p> <hr/> <p style="text-align: center;"><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - twist should begin after the first 1/4 of somersault
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LEVEL 12 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 7

	<p>Optional routine - 10 skills</p> <hr/> <p style="text-align: center;"><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - must include front/back 3/4 and 5 more inverted skills
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LEVEL 12 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 8

	<p>Tuck/pike/straight barani, back tuck/pike/straight repeated 4 to 5 times</p> <hr/> <p style="text-align: center;"><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - up to 10 skills - all skills should remain on the cross
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TUMBLING



TUMBLING

LEVEL 1 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 1

<p>ensure fingers point towards toes</p>	<p>Front support/rear support/side support (5 sec.)</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - watch entire body position is in line with muscles tight - emphasize tight core muscles - ensure hands are placed flat, pointing fingers forward <p><i>Variations:</i></p> <ul style="list-style-type: none"> - put feet or hands at a height
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LEVEL 1 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 2

	<p>Show tight lunge position</p> <p><i>TEACHING NOTES:</i></p> <p><i>Variations:</i></p> <ul style="list-style-type: none"> - use visuals or objects on the floor to step on - try lunges with both feet - lunge stepping onto box - ensure knee does not pass ankle
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LEVEL 1 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 3

<p>Wall</p> <p>Floor</p> <p>ensure hands pointing forward</p>	<p>Piked handstand with front facing wall or feet elevated to hip height (5 sec)</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - wrists, shoulders, and hips should all be aligned vertically - head tilted, eyes on hands <p><i>Variations:</i></p> <ul style="list-style-type: none"> - participants can put front of legs on hip height box or mat
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LEVEL 1 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

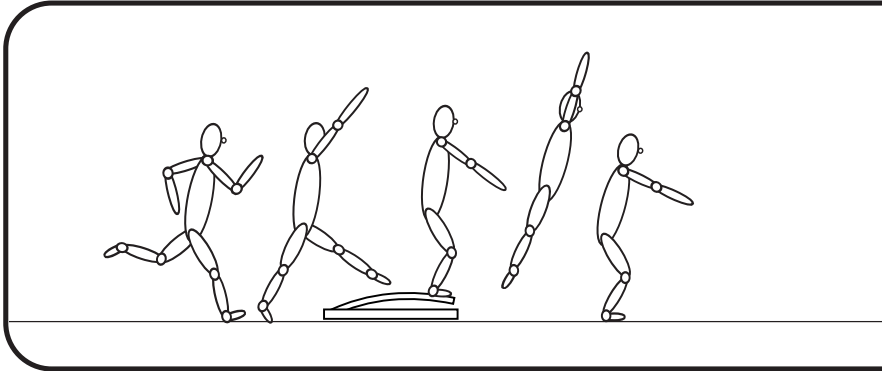
SKILL 4

	<p>Tight body log roll down incline</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - at this point ensure participants have a tight body position - arms overhead <p><i>Variations:</i></p> <ul style="list-style-type: none"> - roll both directions
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TUMBLING

LEVEL 1 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 5



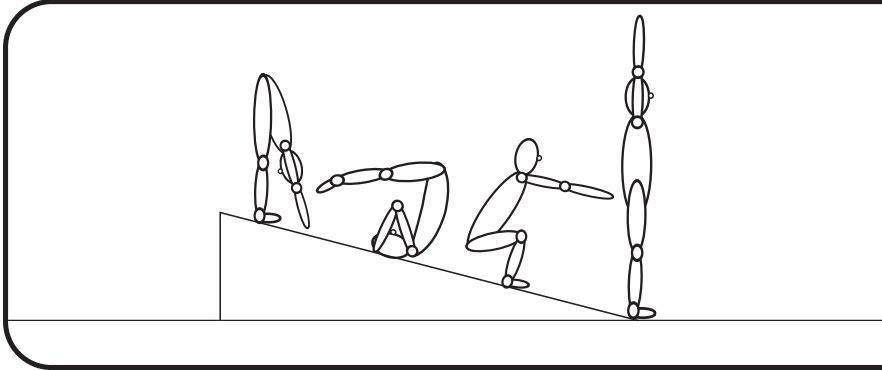
Small run, spring board jump to controlled landing

TEACHING NOTES:

- ensure participant pushes from springboard with both feet
- jump should not travel forward a lot

LEVEL 1 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 6



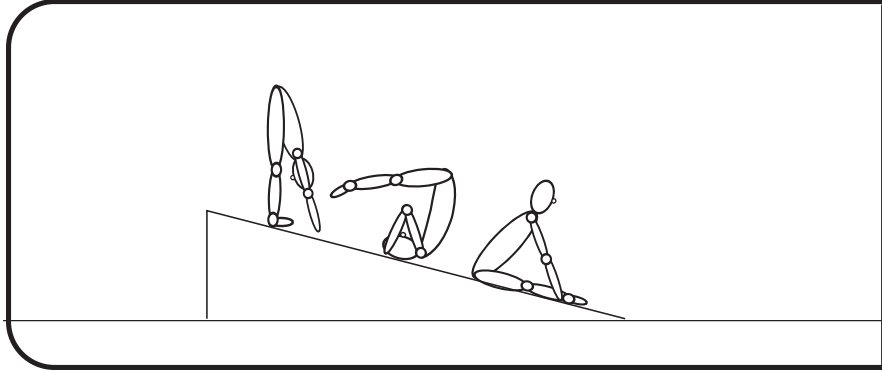
Forward roll to stand down incline

TEACHING NOTES:

- participant must stand up without putting their hands on the floor
- Variations:
 - start in a tuck stand

LEVEL 1 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 7



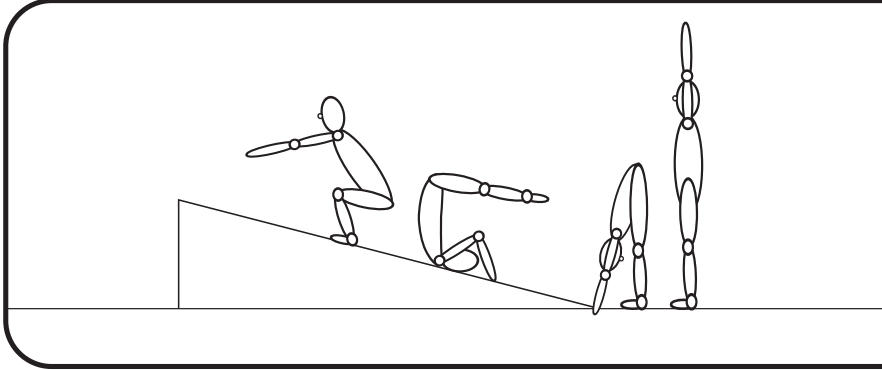
Piked forward roll to pike sit/straddle forward roll to straddle sit down incline

TEACHING NOTES:

- ensure straight legs through out the roll

LEVEL 1 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 8



Backward roll (assisted down incline)

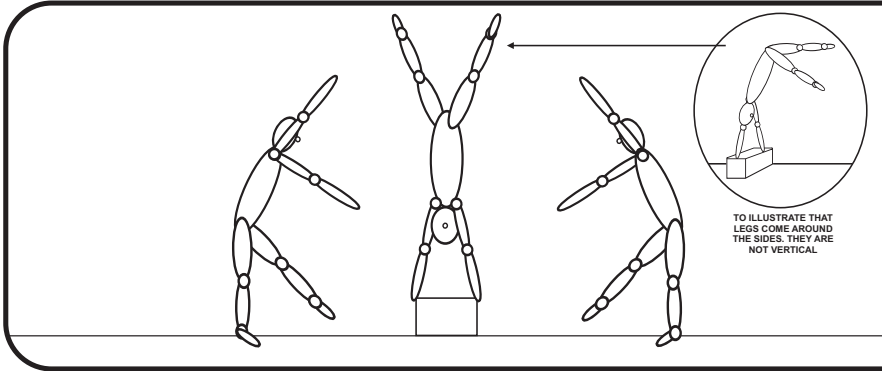
TEACHING NOTES:

- ensure participants have a continuous roll
- ensure participant knows how to push with hands
- participants must land on feet not knees

TUMBLING

LEVEL 1 - GYMNASTICS FOUNDATION - ARTISTIC TRAINED

SKILL 9



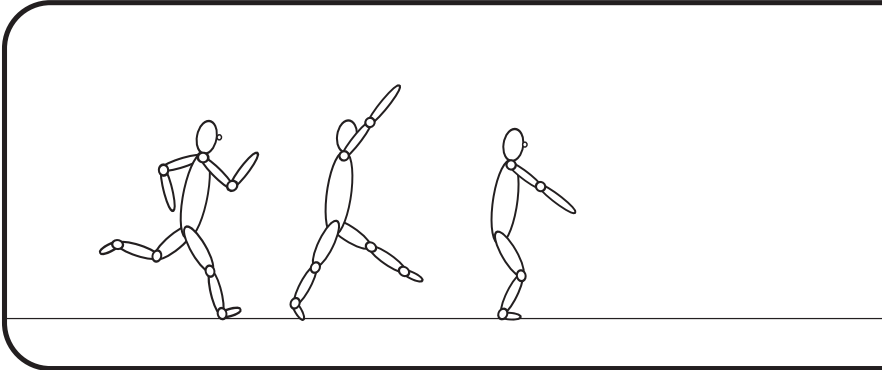
Modified cartwheel over block alternating legs

TEACHING NOTES:

- ensure participants learn to kick legs up one at a time
- feet land one then the other, not at the same time
- participant should be able to complete skill with either leg in front

LEVEL 1 - GYMNASTICS FOUNDATION - ARTISTIC TRAINED

SKILL 10



Run to hurdle (run/step to land on 2 feet)

TEACHING NOTES:

- use equipment to go over before landing
- ensure participant has mastered safety landing (both feet landing simultaneously)

LEVEL 2 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 1

	<p>Power hurdle</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - participant must have mastered long jump - ensure arms reach ears during jumping - teach with mini handstand or cartwheel after

LEVEL 2 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 2

	<p>Log roll on floor</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - hands and feet should not touch floor - emphasize arch, then hollow position movement <p>Variations:</p> <ul style="list-style-type: none"> - roll in both directions

LEVEL 2 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 3

	<p>Leaning handstand with front facing wall (45 degrees for 10 sec)</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - emphasize core muscles contracted and tight - ensure wrists, shoulders, and hips are aligned - ensure participants can come down safely - head tilted, eyes on hands <p>Variations:</p> <ul style="list-style-type: none"> - progress to an almost vertical handstand keeping alignment

LEVEL 2 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

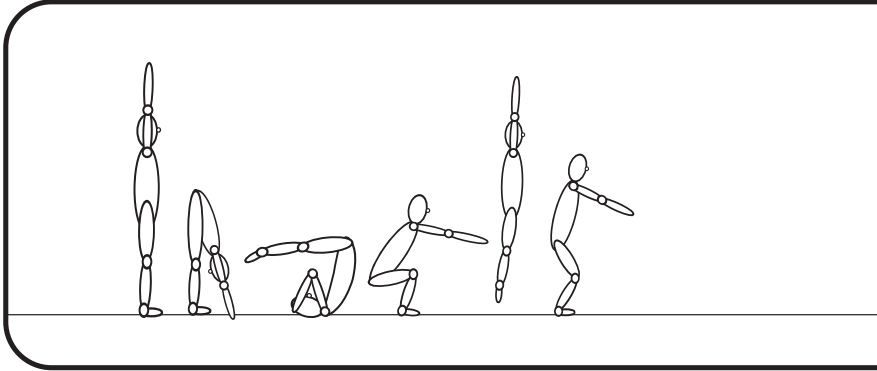
SKILL 4

	<p>Forward roll to stand on floor</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - participant must stand up without putting hands on floor <p>Variations:</p> <ul style="list-style-type: none"> - start in a tuck stand

TUMBLING

LEVEL 2 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 5



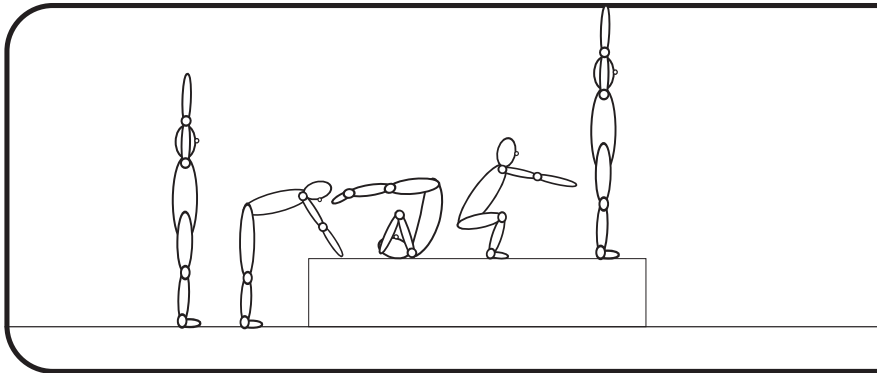
Forward roll into immediate straight jump to controlled landing

TEACHING NOTES:

- ensure participants have mastered the forward roll and straight jumps first
 - there is no pause between the forward roll and jump
- Variations:**
- start in a tuck stand

LEVEL 2 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 6



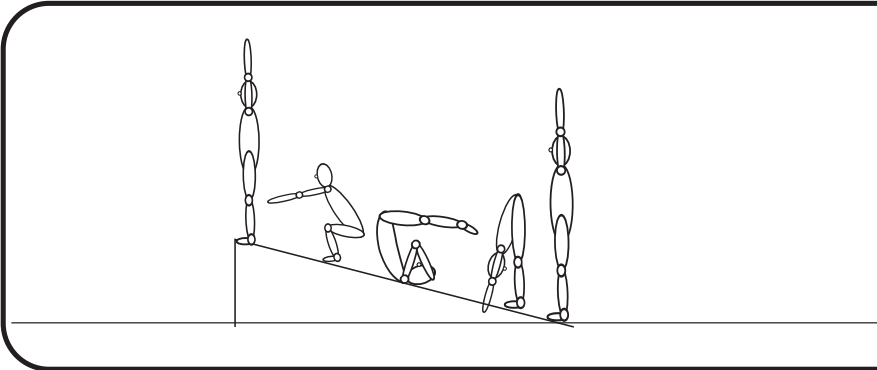
Forward roll onto box/height

TEACHING NOTES:

- feet must stay together
- ensure participant pushes with legs and tucks their chin when starting roll

LEVEL 2 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 7



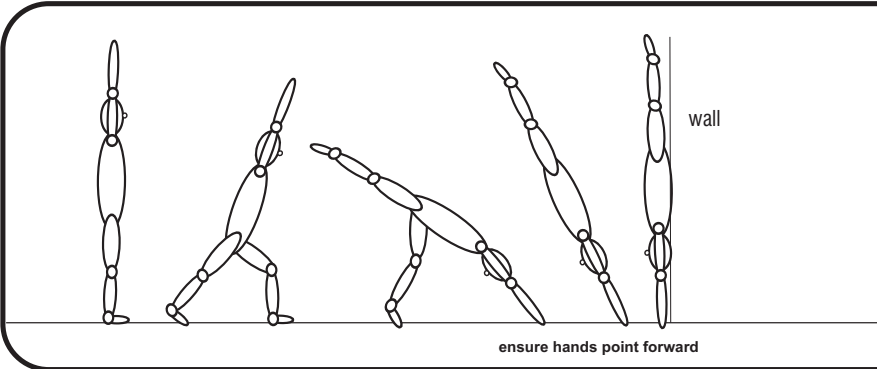
Backward roll down incline (unassisted)

TEACHING NOTES:

- ensure participant knows how to push with hands
- participants must land on feet not knees

LEVEL 2 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 8



Assisted kick to handstand against wall

TEACHING NOTES:

- participant should be able to hold position alone after having spot for kick to handstand
- coach should spot them until they reach the wall and assist when stepping down

TUMBLING

LEVEL 2 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 9

	<p>Tight lunge kick up to modified handstand</p>
<p>ensure hands point forward</p>	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - scissor kick to get legs together - ensure wrists, arms, and hips stay vertically aligned - coach should be present for safety - head tilted, eyes on hands

LEVEL 2 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 10

	<p>Modified cartwheel on floor (legs must be straight)</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - cartwheel does not have to be straight - participants are learning correct hand/feet pattern - ensure participants hands are turned correctly

TUMBLING

LEVEL 3 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 1

	<p>Tight stretched handstand with front against wall (20 sec.)</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - ensure body is aligned - emphasize extending shoulders (do not shrug) - ensure participants know how to come down safely - head tilted, eyes on hands
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LEVEL 3 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 2

	<p>Forward roll into immediate shape jumps to controlled safety landing</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - can do tuck/pike/straddle jump 1/1 or 1/2 turn - ensure participants have mastered the forward roll and shape jumps first - there is no pause between the forward roll and jump <p>Variations:</p> <ul style="list-style-type: none"> - start in a tuck stand
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LEVEL 3 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 3

	<p>Backward roll on floor to feet</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - ensure participants have mastered the backward roll down incline first - emphasize straight arms and legs - ensure the roll is continuous
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LEVEL 3 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 4

	<p>Jump from height, rebound into immediate dive roll onto height</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - ensure participants can do a dive roll first before combining - ensure correct body alignment and head tucked in for roll - may use spring board to rebound on
--	---

TUMBLING

LEVEL 3 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 5

	<p>Kick up to handstand, step down to lunge</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - scissor kick to get legs together - ensure wrists, arms, and hips stay vertically aligned - coach should be present for safety - ensure there is enough space - handstand should be within 10 degrees of vertical - ensure hands are pointing forward - head tilted, eyes on hands
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LEVEL 3 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 6

	<p>Kick to handstand fall to back/front onto safety mat</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - ensure body is straight when falling back/ front - ensure entire body contacts mat at the same time - head tilted, eyes on hands
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LEVEL 3 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 7

	<p>Show power hurdle to modified handstand or cartwheel</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - ensure hurdle position has arms over head and a stretched out lunge
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LEVEL 3 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 8

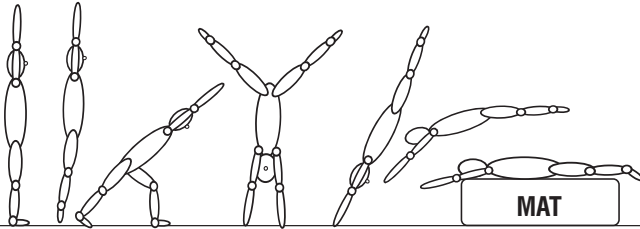
	<p>Cartwheel on line with legs straight, body vertical, narrow arms</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - ensure body position is aligned - ensure hand placement is correct
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TUMBLING

LEVEL 3 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 9

Cartwheel fall or pop to front on safety mat



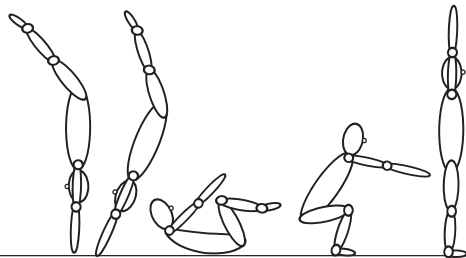
TEACHING NOTES:

- ensure body is straight when falling
- ensure entire body contacts mat at the same time
- legs must come together before they hit the mat
- arms should remain straight during pop

LEVEL 3 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 10

Modified forward roll from handstand



TEACHING NOTES:

- can use incline, go from wall or go from boxes
- ensure chin is tucked in on roll
- ensure participant rolls straight
- progress from lower to higher height or using mat

TUMBLING

LEVEL 4 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 1

	<p>Tight stretched handstand with front against wall (45 sec.)</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - ensure body is aligned - participants should move their hands farther away from wall if body alignment cannot be attained - ensure hands are pointing forward away from wall - head tilted, eyes on hands
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LEVEL 4 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 2

	<p>Dive roll onto chest height mats from spring board</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - ensure tight body position - ensure participants hands contact the mat before rolling - ensure chin is tucked in - emphasize flight time between spring board jump and hand contact
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LEVEL 4 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 3

	<p>Backward roll down incline to front support position</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - keep arms straight through out the entire roll - fingers should be facing each other - try hand to knee support as a progression
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LEVEL 4 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

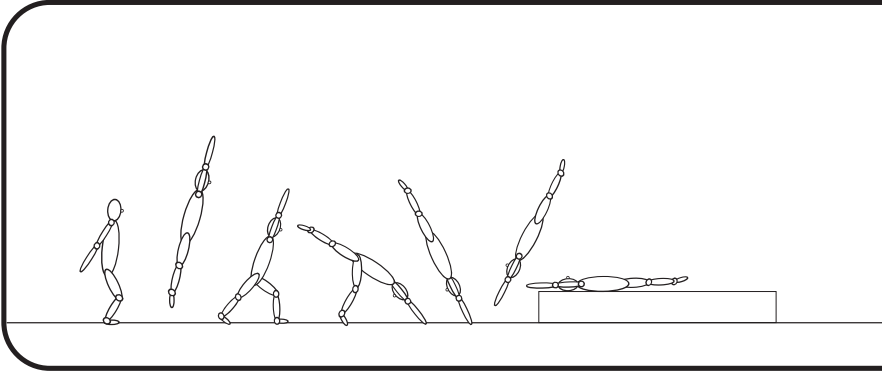
SKILL 4

	<p>Handstand, fall to bridge off knee height with equipment or assistance</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - ensure participants can do the bridge position then combine with the handstand - emphasize open shoulders - can do off of box, over object or with assistance
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TUMBLING

LEVEL 4 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 5



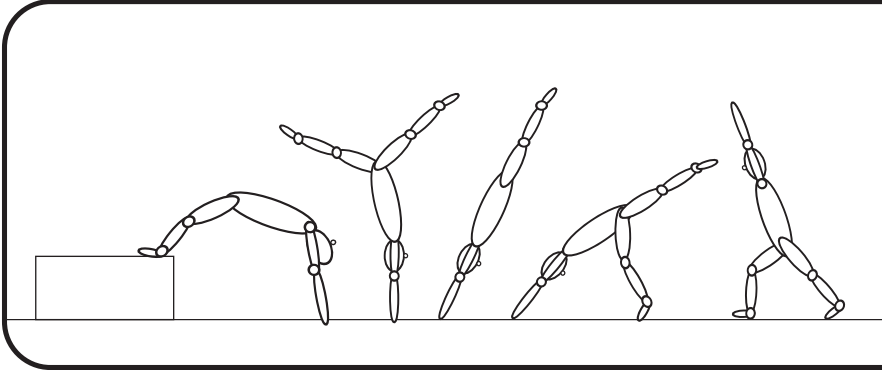
Power hurdle or kick to handstand, pop to flat back on safety mat

TEACHING NOTES:

- ensure hurdle position has arms over head and legs out front in a good lunge
- Ensure body is straight when popping onto back
- participant must get air/flight time between hand contact and landing on mat

LEVEL 4 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 6



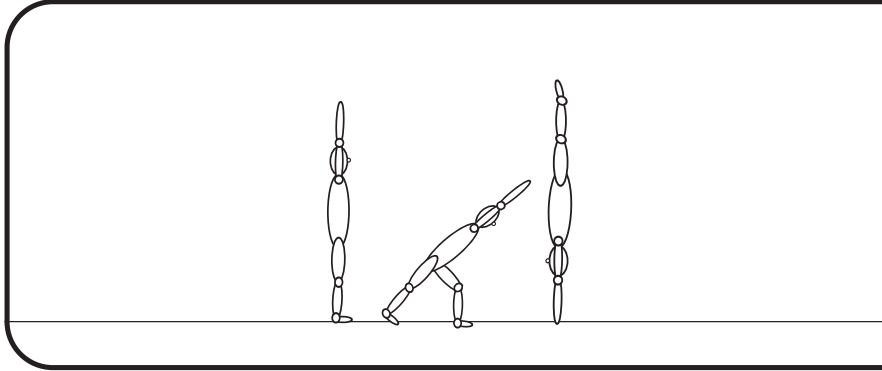
Push to bridge with feet on box, kick over to lunge

TEACHING NOTES:

- participants need to lean shoulders past their hands while kicking over
- can start with a higher box and progress to a lower one

LEVEL 4 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 7



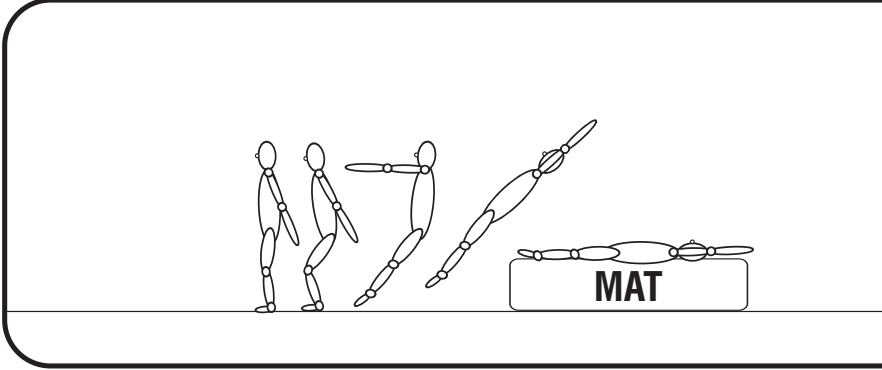
Kick to handstand hold (1-3 sec)

TEACHING NOTES:

- participant can walk

LEVEL 4 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 8



Aggressive jump to flat back for back handspring

TEACHING NOTES:

- ensure participants travel long
- have contests to see who can land farthest on the mat
- ensure chest stays vertical through out the squat jump phase
- participant should land with arms above head

TUMBLING

LEVEL 4 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 9

	<p>Round-off off block</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - ensure legs come together - watch for participants twisting early - legs should come straight over top and not around the side

LEVEL 4 - GYMNASTICS FOUNDATIONS - ARTISTIC TRAINED

SKILL 10

	<p>Optional 4 or 5 skill routine</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - must pick 5 skills that connect together - a routine must have no extra steps or pauses - eg. back roll, jump 1/2 turn, dive roll step out, cartwheel

TUMBLING

LEVEL 5 - GF ARTISTIC & COMP INTRO TRAINED

SKILL 1

	<p>Tight stretched handstand with front against wall (1 min)</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - ensure body is aligned - participants should move their hands farther away from wall if body alignment cannot be attained - head tilted, eyes on hands

LEVEL 5 - GF ARTISTIC & COMP INTRO TRAINED

SKILL 2

	<p>Backward roll extension to front support position on floor</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - keep arms straight through out the entire roll - can try this down the incline then progress to floor

LEVEL 5 - GF ARTISTIC & COMP INTRO TRAINED

SKILL 3

	<p>Round-off off block with arms narrow, landing with chest vertical</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - ensure legs come together - watch for participants twisting early - legs should come straight over top and not around the side - encourage participant to rebound

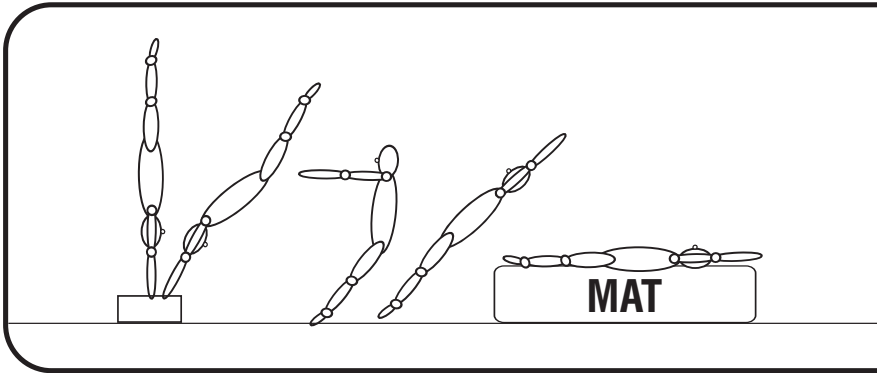
LEVEL 5 - GF ARTISTIC & COMP INTRO TRAINED

SKILL 4

	<p>Power hurdle, round off on floor</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - ensure body is aligned - encourage long power hurdle and lunge - ensure round off is straight - encourage participant to rebound

LEVEL 5 - GF ARTISTIC & COMP INTRO TRAINED

SKILL 5



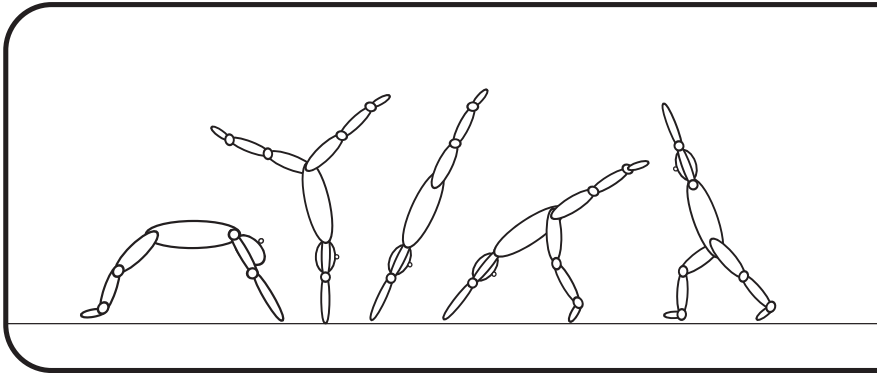
Handstand snap down from block to scoop rebound to back on safety mat

TEACHING NOTES:

- emphasize use of shoulders when hands are snapping up off the block
- ensure rebound to back is long

LEVEL 5 - GF CERTIFIED & COMP INTRO TRAINED

SKILL 6



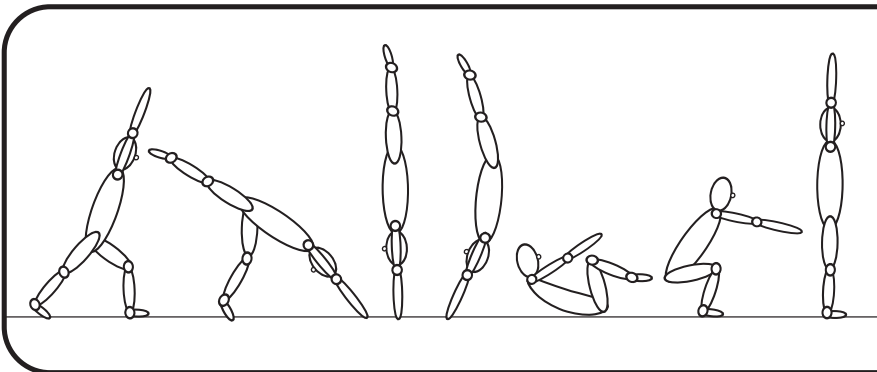
Push to bridge, kick over on floor

TEACHING NOTES:

- Participants should try to push their shoulders past their hands while kicking over through handstand

LEVEL 5 - GF CERTIFIED & COMP INTRO TRAINED

SKILL 7



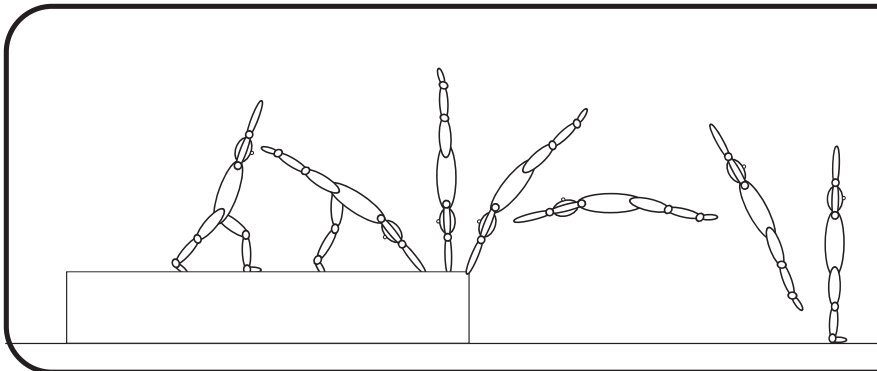
Tight stretched lunge kick into handstand (2 sec.) Forward roll out

TEACHING NOTES:

- ensure participants fall into roll with body aligned and arms straight
- tuck head and bend arms just before rolling
- coach should spot until participant can control

LEVEL 5 - GF CERTIFIED & COMP INTRO TRAINED

SKILL 8



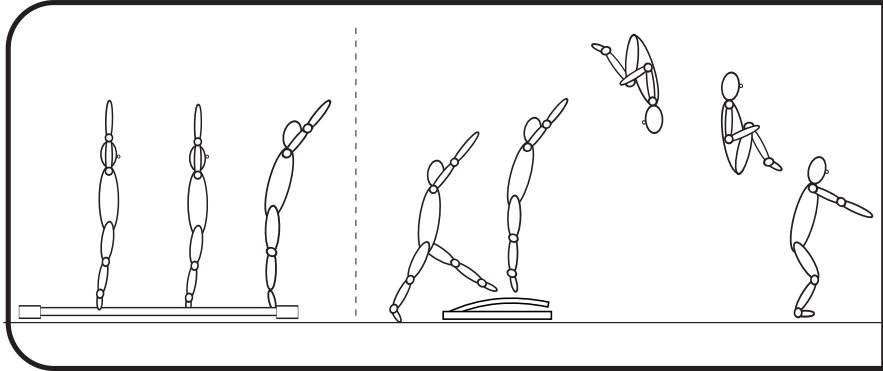
Power hurdle front handspring from height with assistance

TEACHING NOTES:

- Progression:**
- handstand pops
 - handstand pop to back-off block onto mat
 - then progress to the front handspring off block

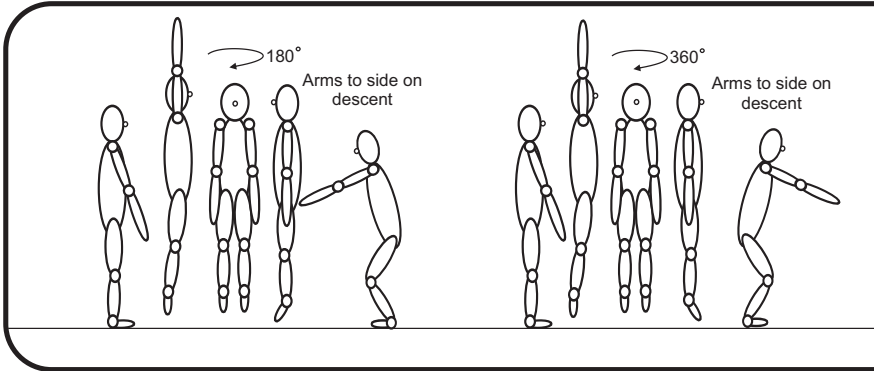
LEVEL 5 - GF ARTISTIC & COMP INTRO TRAINED

SKILL 9

	<p>Front tuck with assistance off trampoline/on floor with springboard to safety mat</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none">- participant should have dive roll mastered- progress from higher height to lower mat
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LEVEL 6 - GF ARTISTIC & COMP INTRO TRAINED

SKILL 1



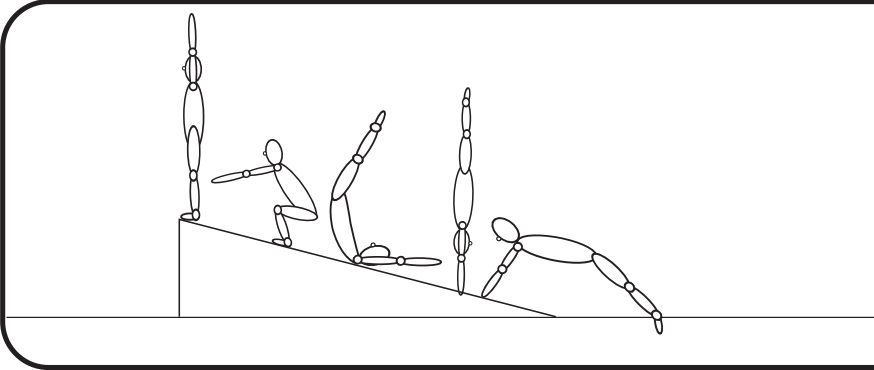
Determine & know direction of twist

TEACHING NOTES:

- important for learning advanced twisting skills
- Variations:**
- think of fun games for determining twisting directions
- Suggestions:**
- log rolls and turns in relay races
- participant should have a dominant twisting direction and be consistent in all skills

LEVEL 6 - GF ARTISTIC & COMP INTRO TRAINED

SKILL 2



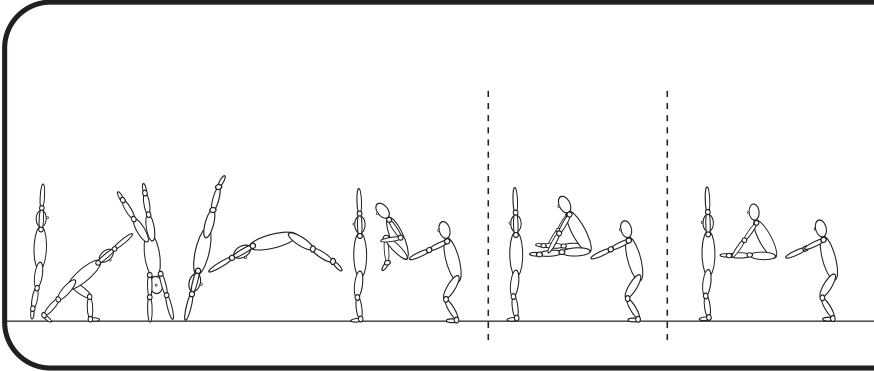
Backward extension with straight arms to handstand down incline

TEACHING NOTES:

- Progressions:**
- ensure handstand and backwards roll proficient
 - emphasize candle position before handstand
 - can land in front support or step down from handstand

LEVEL 6 - GF ARTISTIC & COMP INTRO TRAINED

SKILL 3



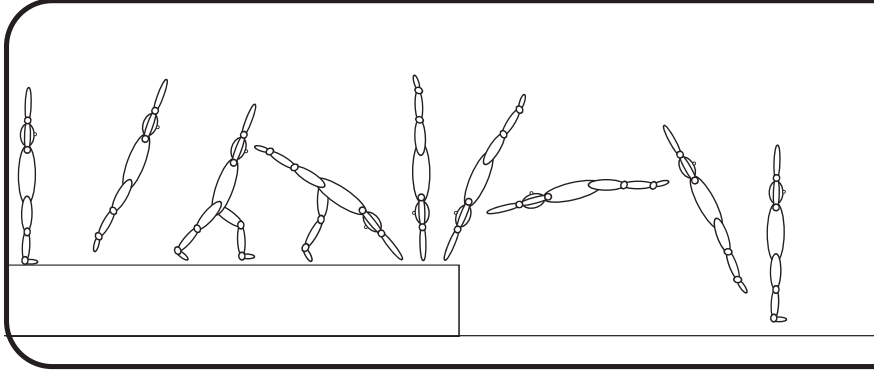
Round-off rebound tuck/pike/straddle jumps

TEACHING NOTES:

- ensure participants can rebound out of the round-off
- ensure there is no pause after the round-off
- emphasize zero travel during shape jump
- ensure chest remains vertical during shape jump

LEVEL 6 - GF ARTISTIC & COMP INTRO TRAINED

SKILL 4



Power hurdle front handspring off height with straight arms, straight legs, slight arch in shoulders

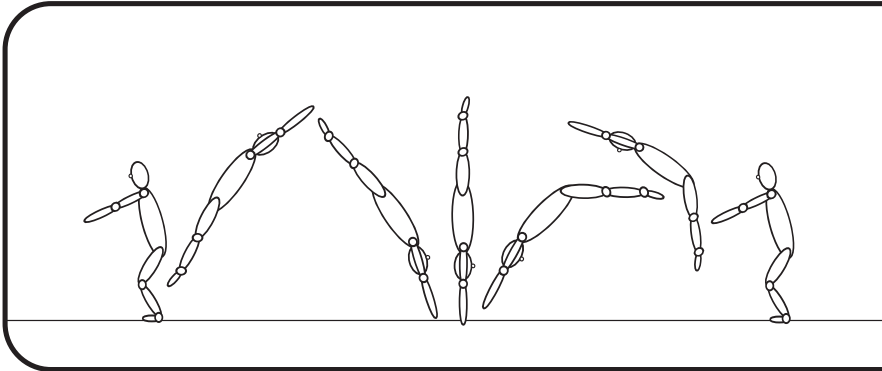
TEACHING NOTES:

- Progression:**
- handstand pops
 - handstand pop to back-off block onto mat
 - then progress to the front handspring off block

TUMBLING

LEVEL 6 - GF ARTISTIC & COMP INTRO TRAINED

SKILL 5



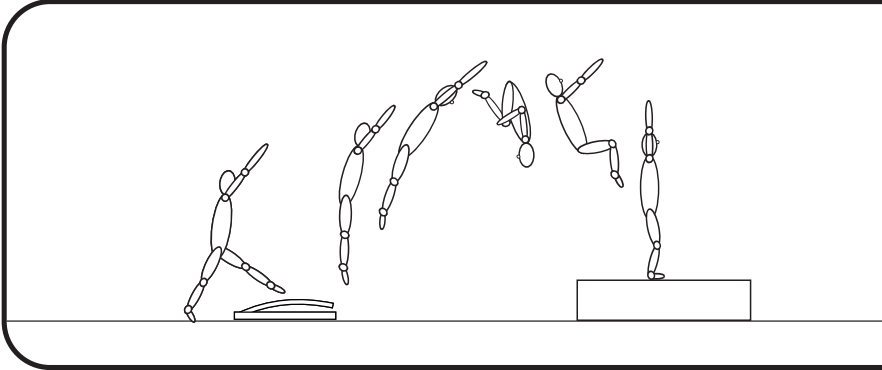
Modified back handspring

TEACHING NOTES:

- assisted, with equipment on floor/tramp
- ensure participant can complete skill with equipment support before coach support (eg. use cylinder/barrel before hand spot)

LEVEL 6 - GF ARTISTIC & COMP INTRO TRAINED

SKILL 6



Front tuck on floor with springboard onto safety mat

TEACHING NOTES:

- ensure chest remains vertical during take-off for front tuck
- ensure participant lands in controlled safety landing

LEVEL 6 - GF ARTISTIC & COMP INTRO TRAINED

SKILL 7



Backward roll, jump 1/2 turn step out, handstand fwd roll step out, cartwheel, round off

TEACHING NOTES:

- ensure no extra steps or pauses between skills
- can break it up into smaller combinations before putting it all together

TUMBLING

LEVEL 7 - GF ARTISTIC & COMP INTRO TRAINED

SKILL 1

	<p>Power hurdle front handspring on floor (with assistance)</p>
	<p><i>TEACHING NOTES:</i></p>
	<p>Progressions:</p> <ul style="list-style-type: none"> - can place hands on end of a crash mat or beat board

LEVEL 7 - GF ARTISTIC & COMP INTRO TRAINED

SKILL 2

	<p>Standing back handspring unassisted on incline or assisted on floor</p>
	<p><i>TEACHING NOTES:</i></p>
	<ul style="list-style-type: none"> - can be done on trampoline as a progression

LEVEL 7 - GF ARTISTIC & COMP INTRO TRAINED

SKILL 3

	<p>Forward roll on height, step out into round off</p>
	<p><i>TEACHING NOTES:</i></p>
	<ul style="list-style-type: none"> - ensure box or block is long enough - encourage long lunge and good rebound at the end of round off

LEVEL 7 - GF ARTISTIC & COMP INTRO TRAINED

SKILL 4

	<p>Front tuck on floor</p>
	<p><i>TEACHING NOTES:</i></p>
	<ul style="list-style-type: none"> - can take a few steps into front tuck

TUMBLING

LEVEL 7 - GF ARTISTIC & COMP INTRO TRAINED

SKILL 5

	<p>Front pike on floor onto safety mat with assistance</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - can run or take a few steps before - arms and chest must be up at take-off - this skill travels in the vertical motion
--	--

LEVEL 7 - GF ARTISTIC & COMP INTRO ADVANCED TRAINED

SKILL 6

	<p>Barani on floor/off springboard</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - can run or take a few steps in front - take-off is from 2 feet - ensure chest remains vertical in take-off
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LEVEL 7 - GF ARTISTIC & COMP INTRO TRAINED

SKILL 7

	<p>Power hurdle round-off, landing in scoop rebound to back on safety mat</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - ensure participants learn the scoop position
--	---

LEVEL 8 - GF ARTISTIC & COMP INTRO TRAINED

SKILL 1

	<p>Power hurdle front handspring on floor</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - with straight arms, straight legs and slight arch in shoulders - body alignment and keeping a rigid body is very important

LEVEL 8 - GF ARTISTIC & COMP INTRO TRAINED

SKILL 2

	<p>Standing back handspring on floor</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - the back handspring must move in the horizontal direction - ensure the hands are placed far away from feet - hands must be flat with fingers pointed forward

LEVEL 8 - GF ARTISTIC & COMP INTRO TRAINED

SKILL 3

	<p>Front handspring from block rebound into dive roll onto safety mat</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - ensure no pause between the skills - must be able to land a front handspring with correct body position - can be done from box/block

LEVEL 8 - GF ARTISTIC & COMP INTRO TRAINED

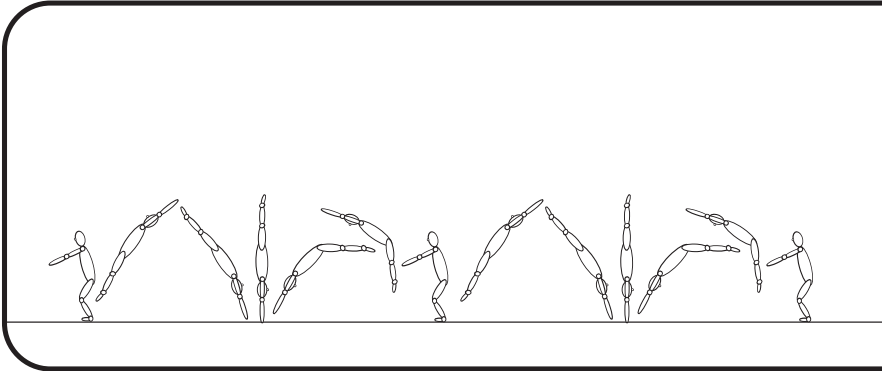
SKILL 4

	<p>Front pike on floor</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - can run or take a few steps before - arms and chest must be up at take-off - this skill travels in the vertical motion

TUMBLING

LEVEL 8 - GF ARTISTIC & COMP INTRO ADVANCED TRAINED

SKILL 5



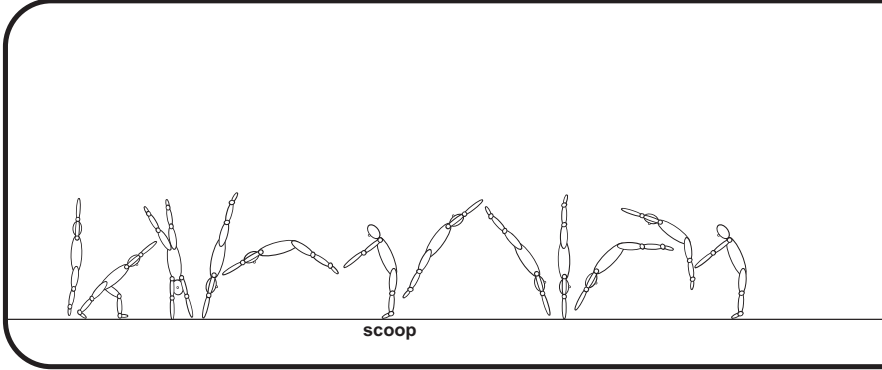
Assisted back handspring, back handspring

TEACHING NOTES:

- both back handsprings must move in the horizontal direction
- ensure the hands are placed far away from feet
- hands must be flat with fingers pointed forward
- with spot on floor or using trampoline or equipment

LEVEL 8 - GF ARTISTIC & COMP INTRO TRAINED

SKILL 6



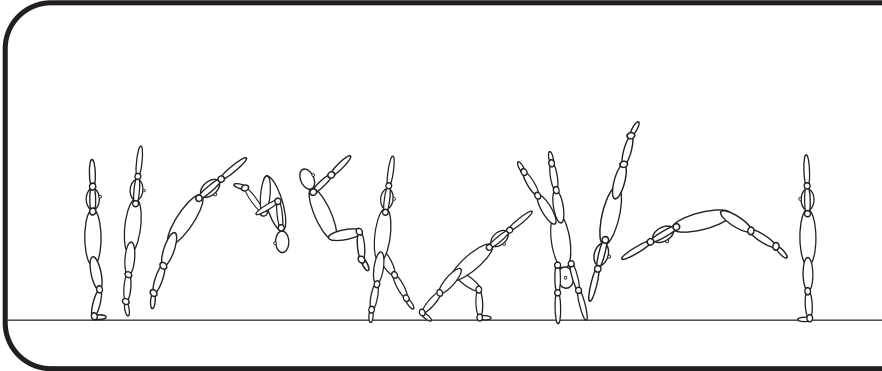
Power hurdle round-off back handspring assisted or with mat

TEACHING NOTES:

- goal is to have a long and stretched tumbling line

LEVEL 8 - GF ARTISTIC & COMP INTRO ADVANCED TRAINED

SKILL 7



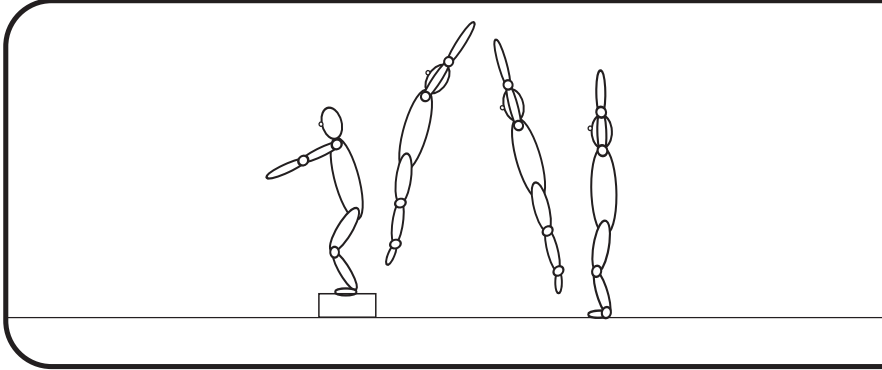
Front tuck step out into round-off on floor

TEACHING NOTES:

- must have enough rotation in front tuck to land with chest leaning slightly forward
 - emphasize hand placement in round-off is far away from foot
- Progressions:
- can try front handspring step out into roundoff

LEVEL 8 - GF ARTISTIC & COMP INTRO TRAINED

SKILL 8



Jump backwards off a height to a set position jump for back tuck (with assistance)

TEACHING NOTES:

- progression for back somersault
- ensure chest remains vertical
- emphasize use of legs
- arms must reach vertical at take-off

LEVEL 9 - GF ARTISTIC & COMP INTRO TRAINED

SKILL 1

	<p>Round-off back handspring on floor</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - look for correct technique in the round-off - emphasize a tight body position and scoop position - can be performed from power hurdle or run

LEVEL 9 - GF ARTISTIC & COMP INTRO ADVANCED TRAINED

SKILL 2

	<p>Front handspring from height rebound to front tuck (with assistance)</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - ensure correct landing from front handspring is achieved - arms up and chest vertical for take-off into front tuck

LEVEL 9 - GF ARTISTIC & COMP INTRO ADVANCED TRAINED

SKILL 3

	<p>Barani on floor (any shape)</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - can run or take a few steps in front - take-off is from 2 feet - ensure chest remains vertical in take-off - can be done in tuck/pike/straight

LEVEL 9 - GF ARTISTIC & COMP INTRO ADVANCED TRAINED

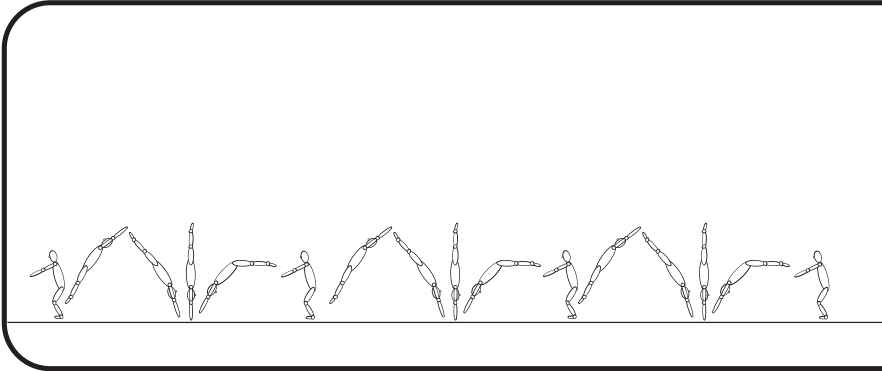
SKILL 4

<p style="text-align: center;">PERFORM 2 BACK HANDSPRINGS</p>	<p>Round-off 2 back handsprings on floor</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - look for correct technique in the round-off - emphasize a tight body position and scoop position - can start from power hurdle or a few steps - can be done from power hurdle or run

TUMBLING

LEVEL 9 - GF ARTISTIC & COMP INTRO ADVANCED TRAINED

SKILL 5



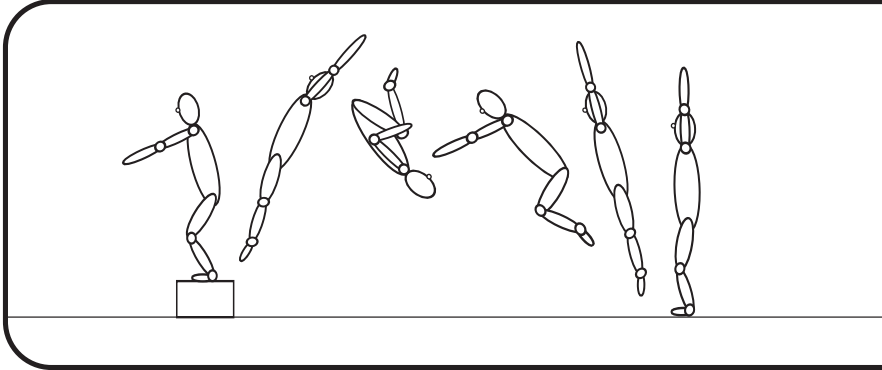
Standing 3 consecutive back handsprings on floor assisted

TEACHING NOTES:

- the back handspring must move in the horizontal direction
- ensure the hands are placed far away from feet
- hands must be flat with fingers pointed forward
- can be done on tramp/equipment/spot

LEVEL 9 - GF ARTISTIC & COMP INTRO TRAINED

SKILL 6



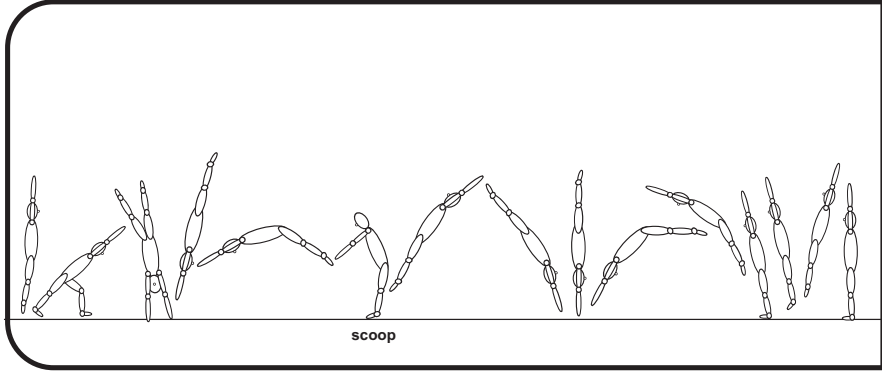
Standing back tuck off height with assistance

TEACHING NOTES:

- ensure correct set position jump
- tuck position is achieved at the top of the jump

LEVEL 9 - GF ARTISTIC & COMP INTRO TRAINED

SKILL 7



Round-off back handspring, rebound, straight jump to set

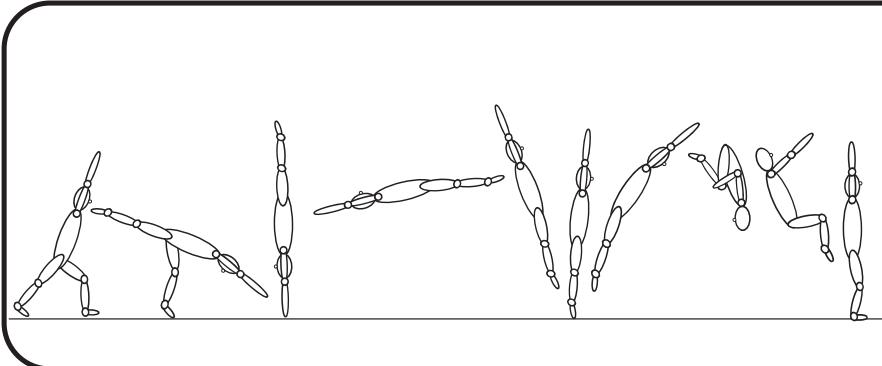
TEACHING NOTES:

- participants must block the back handspring to achieve vertical motion for the straight jump
- coaches can spot the straight jump and the landing

TUMBLING

LEVEL 10 - GF ARTISTIC & COMP INTRO ADVANCED TRAINED

SKILL 1



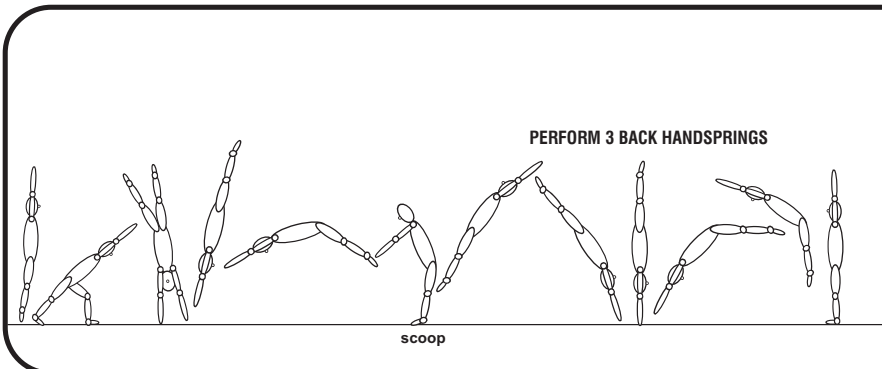
Front handspring on floor to front tuck with assistance

TEACHING NOTES:

- ensure correct landing from front handspring is achieved
- arms up and chest vertical for take-off into front tuck

LEVEL 10 - GF ARTISTIC & COMP INTRO ADVANCED TRAINED

SKILL 2



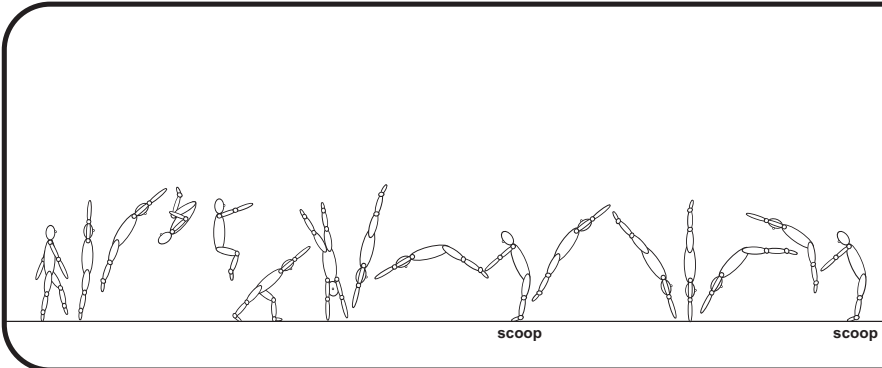
Round-off 3 back handsprings on floor

TEACHING NOTES:

- look for correct technique in the round-off
- emphasize a tight body position and scoop position
- can start from power hurdle or a few steps

LEVEL 10 - GF ARTISTIC & COMP INTRO ADVANCED TRAINED

SKILL 3



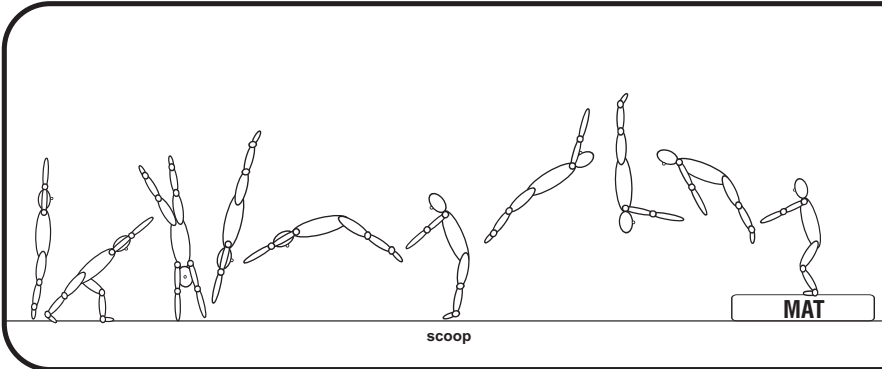
Front tuck step out round-off to back handspring

TEACHING NOTES:

- ensure participants are proficient at front tuck step out round-off

LEVEL 10 - GF ARTISTIC & COMP INTRO ADVANCED TRAINED

SKILL 4



Round-off whip assisted or with safety mat

TEACHING NOTES:

- participants should perform whip at chest height
- emphasize arm swing through the middle phase
- participants should view the ground past handstand

TUMBLING

LEVEL 10 - GF ARTISTIC & COMP INTRO TRAINED

SKILL 5

	<p>Standing back tuck off height</p>
<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - ensure correct set position jump - tuck position is achieved at the top of the jump 	

LEVEL 10 - GF ARTISTIC & COMP INTRO ADVANCED TRAINED

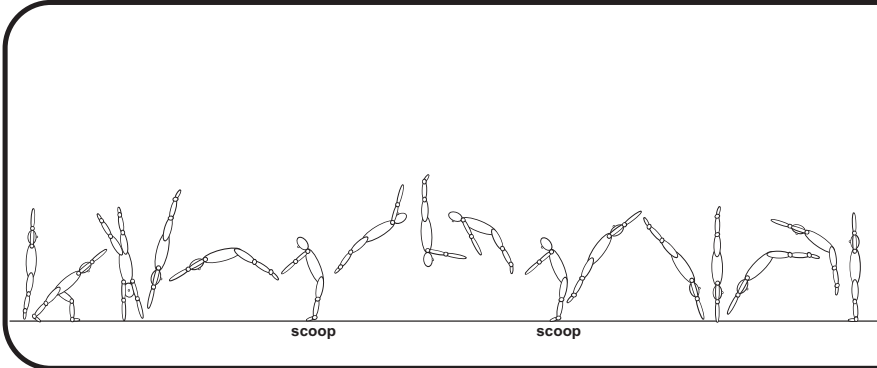
SKILL 6

<p>scoop</p>	<p>Round-off back handspring back tuck with assistance</p>
<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - coaches should be comfortable with spotting this skill combination * if not please seek assistance from another coach - emphasize the block position for take-off into back sommersault 	

TUMBLING

LEVEL 11 - GF ARTISTIC & COMP INTRO ADVANCED TRAINED

SKILL 1



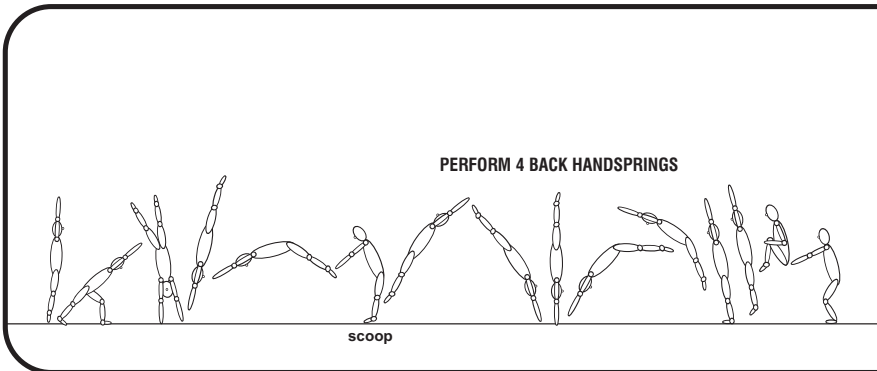
Round-off whip back handspring with assistance

TEACHING NOTES:

- coaches should be comfortable with spotting this skill combination
- * if not please seek assistance from another coach
- emphasize scoop position through out

LEVEL 11 - GF ARTISTIC & COMP INTRO ADVANCED TRAINED

SKILL 2

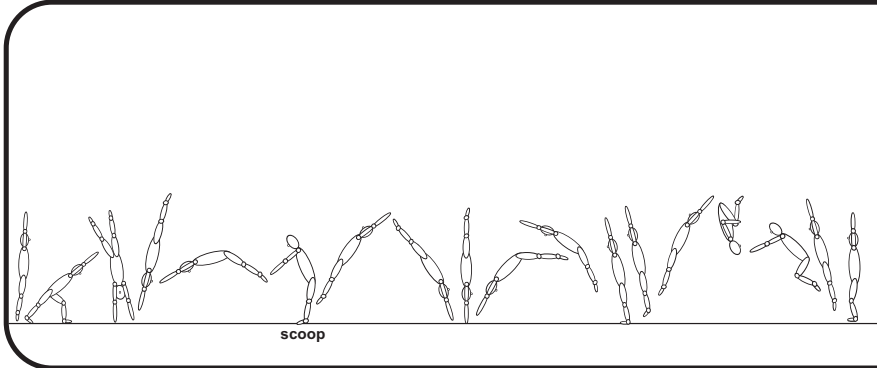


Round-off 4 back handsprings

TEACHING NOTES:

LEVEL 11 - GF ARTISTIC & COMP INTRO ADVANCED TRAINED

SKILL 3



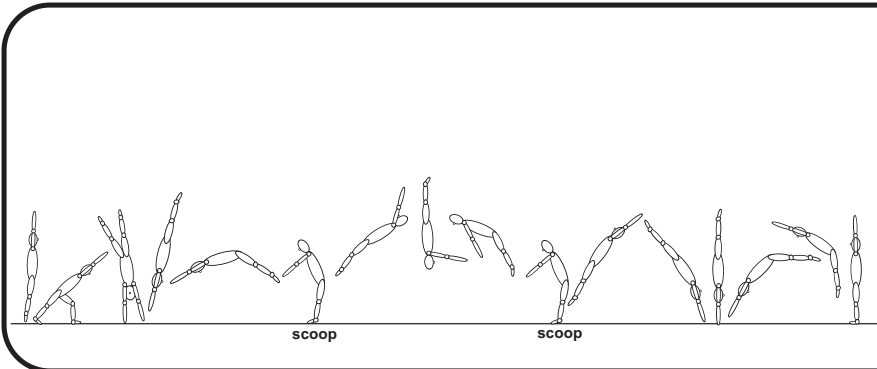
Round-off back handspring back tuck

TEACHING NOTES:

- emphasize the block position for take-off into back sommersault

LEVEL 11 - GF ARTISTIC & COMP INTRO ADVANCED TRAINED

SKILL 4



Round-off whip back handspring

TEACHING NOTES:

- emphasize scoop position through out

TUMBLING

LEVEL 11 - GF ARTISTIC & COMP INTRO TRAINED

SKILL 5

	<p>Standing back tuck</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - ensure correct set position jump - tuck position is achieved at the top of the jump
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LEVEL 11 - GF ARTISTIC & COMP INTRO ADVANCED TRAINED

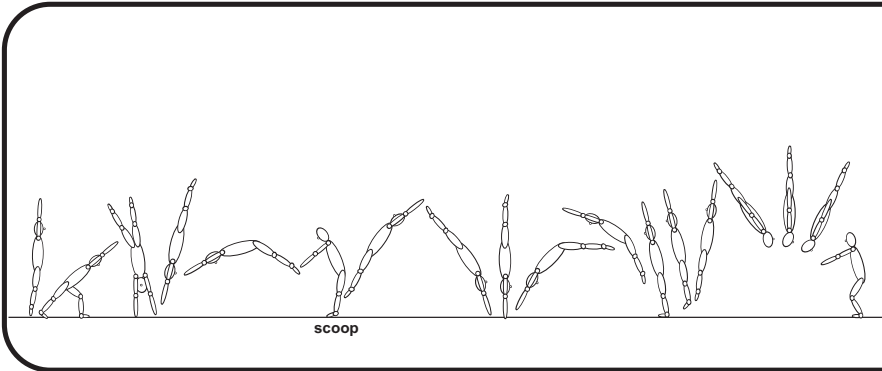
SKILL 6

<p>scoop</p>	<p>Round-off back handspring back straight with assistance</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - coaches should be comfortable with spotting this skill combination * if not please seek assistance from another coach - emphasize the block position for take-off into back sommersault
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TUMBLING

LEVEL 12 - GF ARTISTIC & COMP INTRO ADVANCED TRAINED

SKILL 1



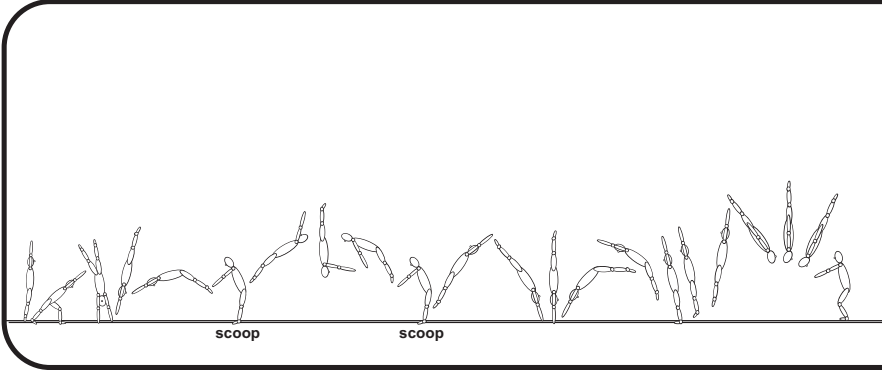
Round-off back handspring back straight

TEACHING NOTES:

- emphasize the block position for take-off into back sommersault

LEVEL 12 - GF ARTISTIC & COMP INTRO ADVANCED TRAINED

SKILL 2



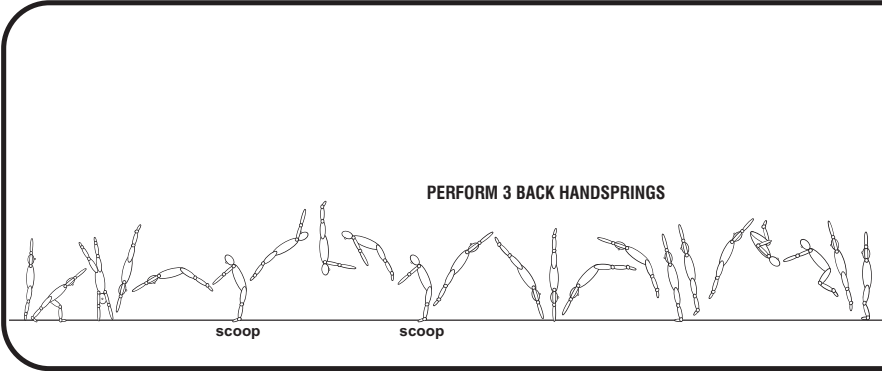
Round off, whip, back handspring, back straight

TEACHING NOTES:

- ensure back straight is above shoulder height

LEVEL 12 - GF ARTISTIC & COMP INTRO ADVANCED TRAINED

SKILL 3



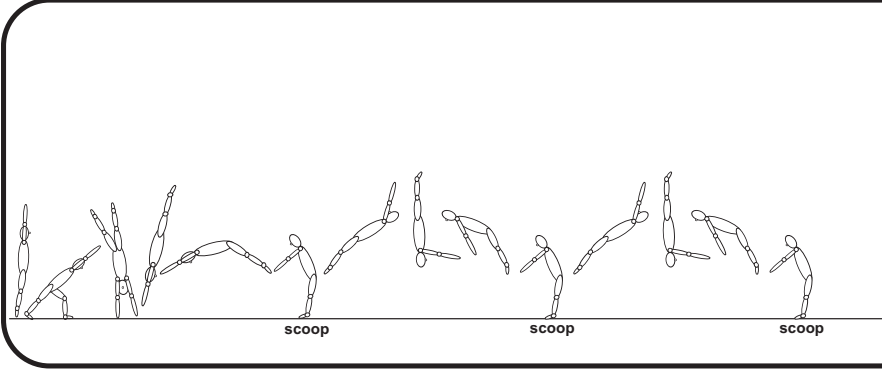
Round-off 3 back handsprings back tuck with assistance

TEACHING NOTES:

- emphasize continuous rhythm
- maintain tight body position

LEVEL 12 - GF ARTISTIC & COMP INTRO ADVANCED TRAINED

SKILL 4



Round-off 2 whips

TEACHING NOTES:

- participants should perform whip at chest height
- emphasize arm swing through the middle phase
- participants should view the ground past handstand
- emphasize tight body and scoop position through out



TUMBLING

LEVEL 12 - GF ARTISTIC & COMP INTRO ADVANCED TRAINED

SKILL 5

	4 skill routine with whip connection to back handspring
	<i>TEACHING NOTES:</i>

LEVEL 12 - GF ARTISTIC & COMP INTRO ADVANCED TRAINED

SKILL 6

	Routine with 6 skills - must finish with salto with minimum one other salto or whip
	<i>TEACHING NOTES:</i> - eg. round off, 2 whips, 2 handsprings, back straight



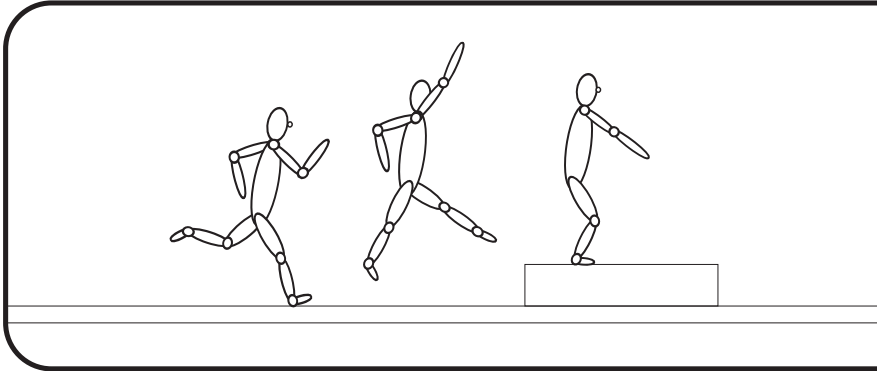
DOUBLE MINI



DOUBLE MINI

LEVEL 1 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 1



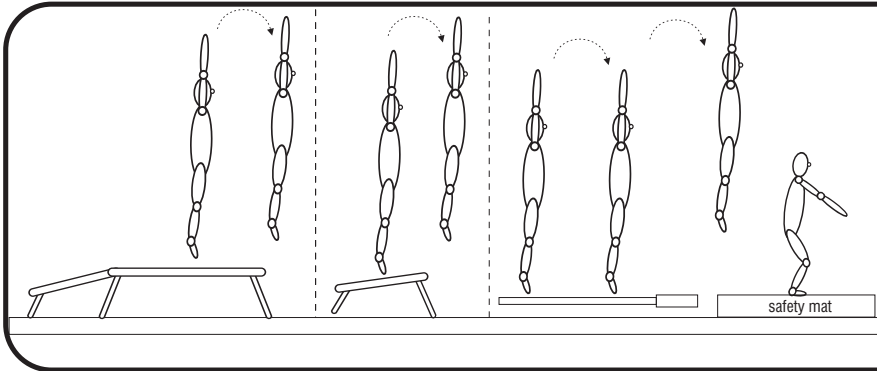
Show hurdle to controlled safety landing onto knee height

TEACHING NOTES:

- ensure feet land at the same time
- ensure the athlete takes off of one foot

LEVEL 1 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 2



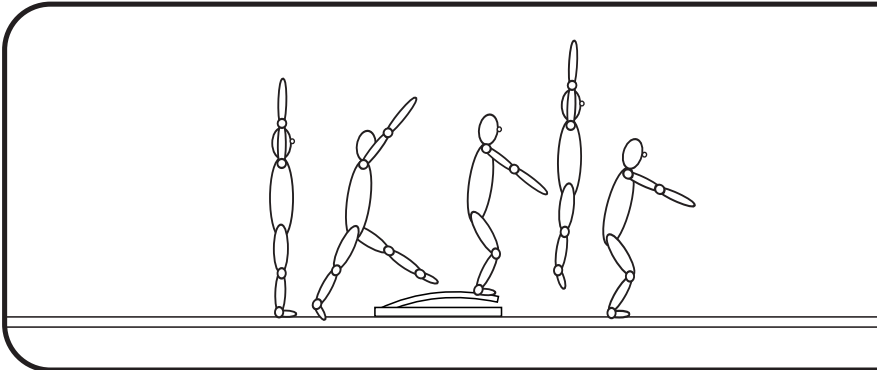
Show controlled safety landing from bouncing off of DMT/mini/tramp to safety mat

TEACHING NOTES:

- focus on jump going up and not out

LEVEL 1 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 3



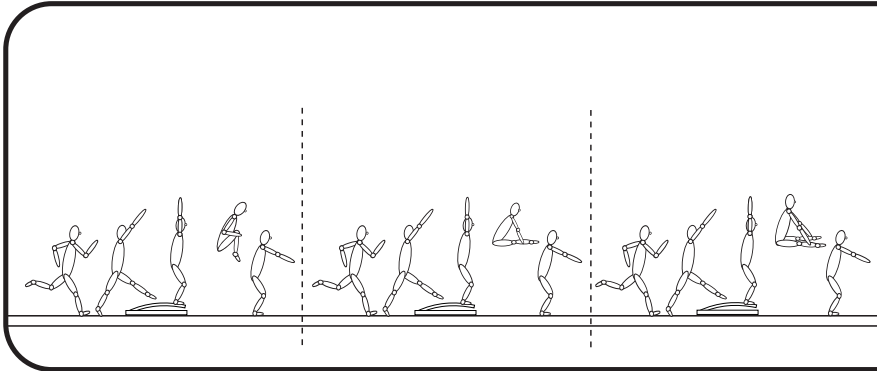
Show hurdle 2 foot take-off from springboard to safety landing

TEACHING NOTES:

- low, long step to board
 - full body extension in jump
 - focus on jump going up and not out
- Variations:
- can add a few steps or run before

LEVEL 1 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 4



Show tuck/pike/straddle jumps from springboard to controlled safety landing

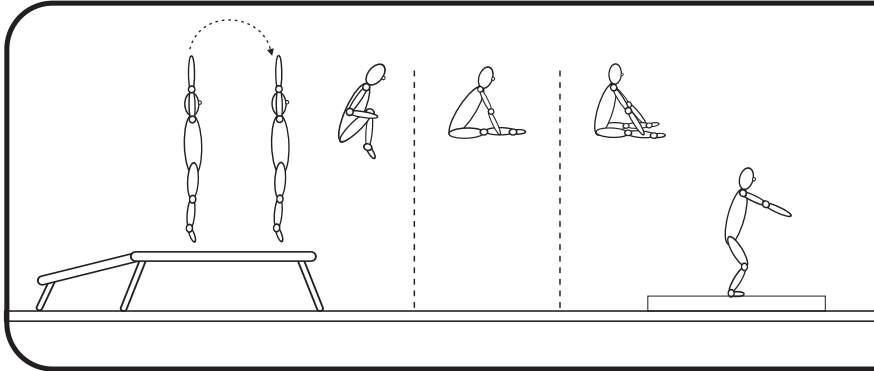
TEACHING NOTES:

- low, long step to board
 - full body extension in jump
- Variations:
- mini-tramp
 - can add run

DOUBLE MINI

LEVEL 1 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 5



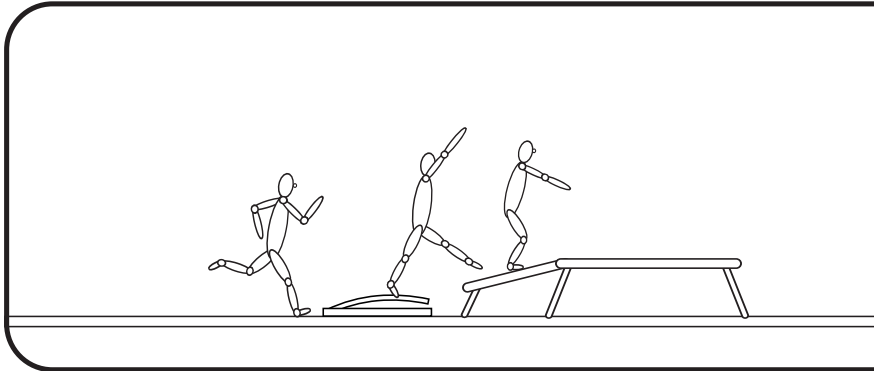
Show tuck/pike/straddle jump from DMT to controlled safety landing (Roller Coaster)

TEACHING NOTES:

- participant can start jumping on DMT
- shape jumps should have minimal travel

LEVEL 1 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 6



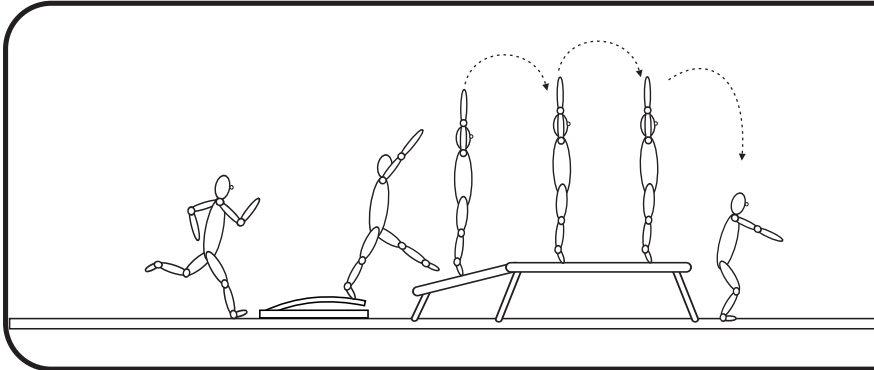
Hurdle onto DMT from knee height/springboard/incline/box

TEACHING NOTES:

- participants do not spring from springboard
- incline or box works better (less confusing than with springboard)

LEVEL 1 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 7



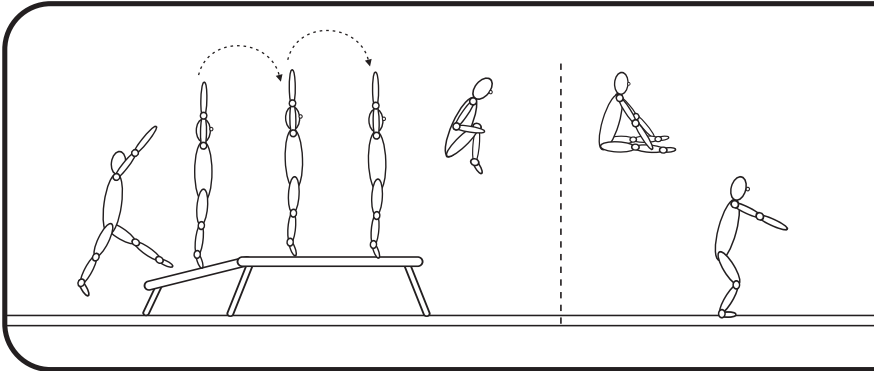
3 straight jumps to controlled safety landing

TEACHING NOTES:

- head neutral, looking forward
- must show control on the DMT
- ensure participants can land in the correct spot on the DMT for each jump
- can use apparatus before DMT

LEVEL 1 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 8



2 straight jumps, 1 tuck/straddle jump off DMT to a controlled safety landing

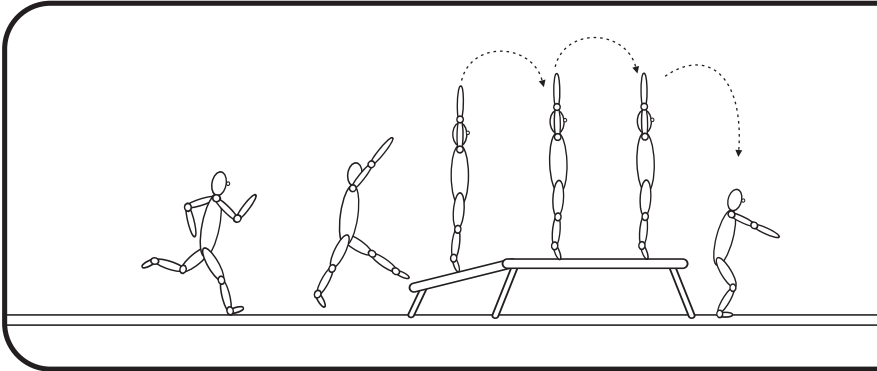
TEACHING NOTES:

- must show control on the DMT
- ensure participants can land in the correct spot on the DMT for each jump

DOUBLE MINI

LEVEL 2 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 1



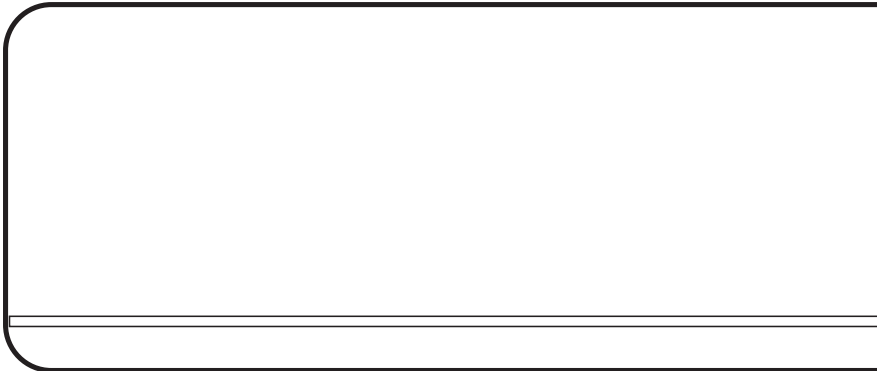
3 straight jumps to controlled safety landing off the DMT from the floor (Roller Coaster)

TEACHING NOTES:

- head neutral, looking forward
- ensure participant can land in the correct spot on DMT for each jump
- progression: can start with arms up, then progress to arm circles
- Variations: make it a game
- vary the arm positions

LEVEL 2 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 2



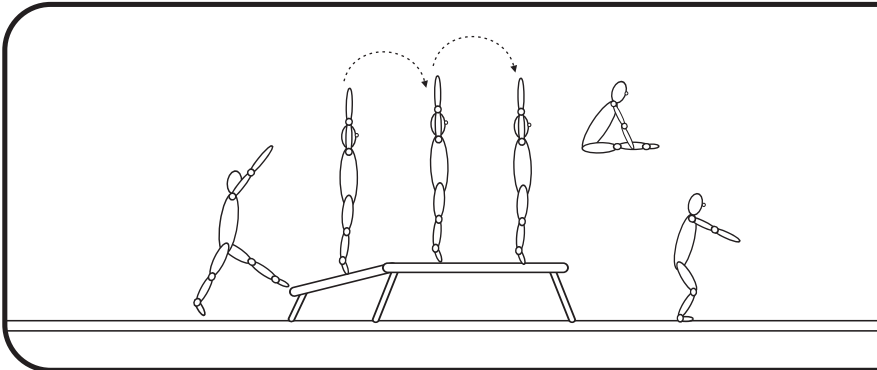
Show 2-3 shape jumps in a row on tramp or stationary on DMT

TEACHING NOTES:

- Eg. use tuck, pike straddle or 1/2 turn in sequence
- try different variations
- ensure participants do not travel

LEVEL 2 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 3



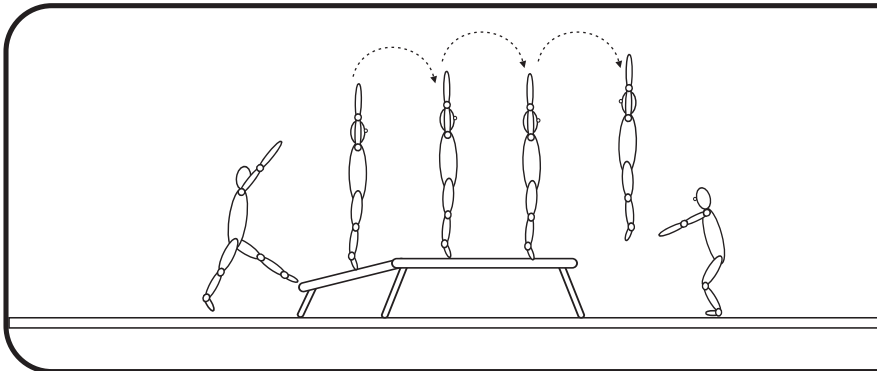
2 straight jumps, 1 pike jump off DMT to a controlled safety landing

TEACHING NOTES:

- must show control on the DMT
- ensure participants can land in the correct spot on the DMT for each jump
- legs do not need to reach full height

LEVEL 2 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 4



2 straight jumps, 1/2 turn, to controlled safety landing

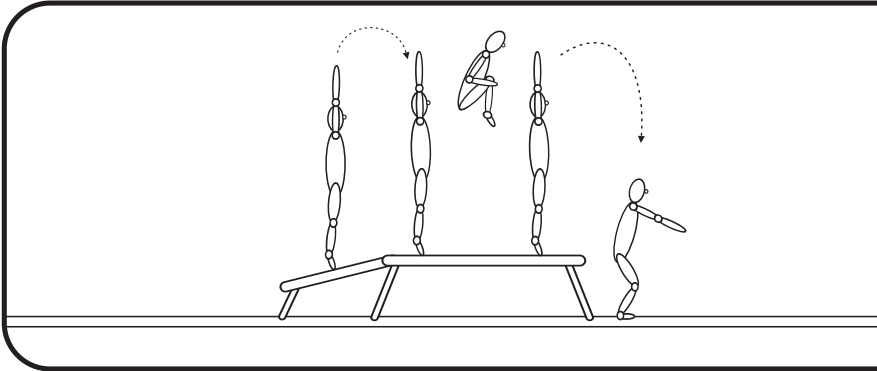
TEACHING NOTES:

- teach participant to look at the DMT for landing

DOUBLE MINI

LEVEL 2 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 5



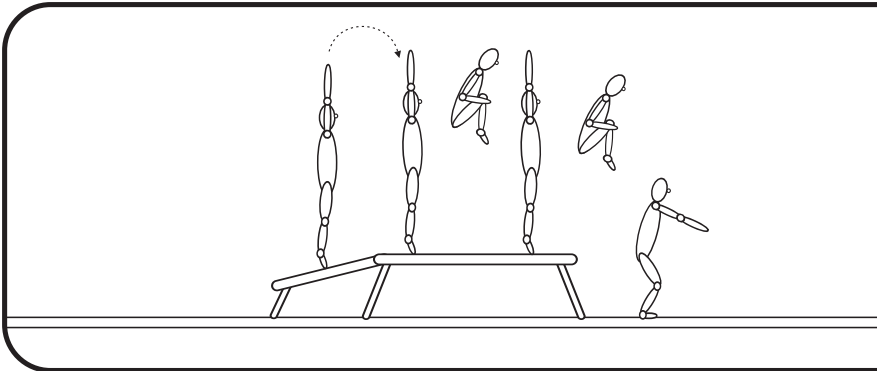
Straight jump, tuck jump, straight jump, controlled safety landing

TEACHING NOTES:

- must show control on the DMT
- ensure participants can land in the correct spot on the DMT for each jump
- emphasize correct technique and body alignment for each skill

LEVEL 2 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 6



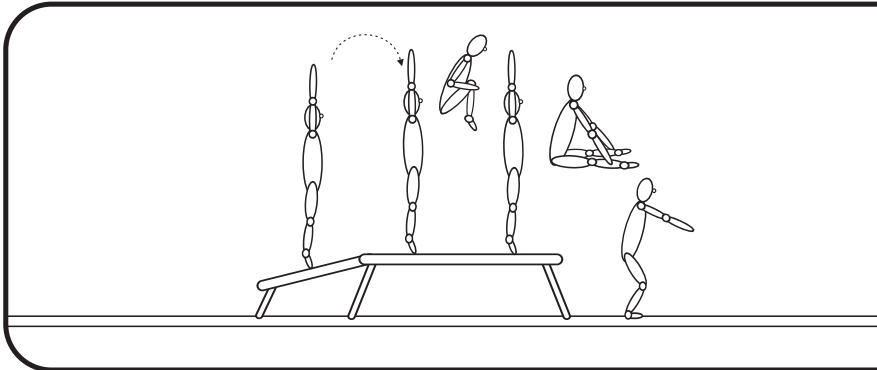
Straight jump, tuck jump, tuck jump, controlled safety landing

TEACHING NOTES:

- must show control on the DMT
- ensure participants can land in the correct spot on the DMT for each jump
- emphasize correct technique and body alignment for each skill

LEVEL 2 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 7



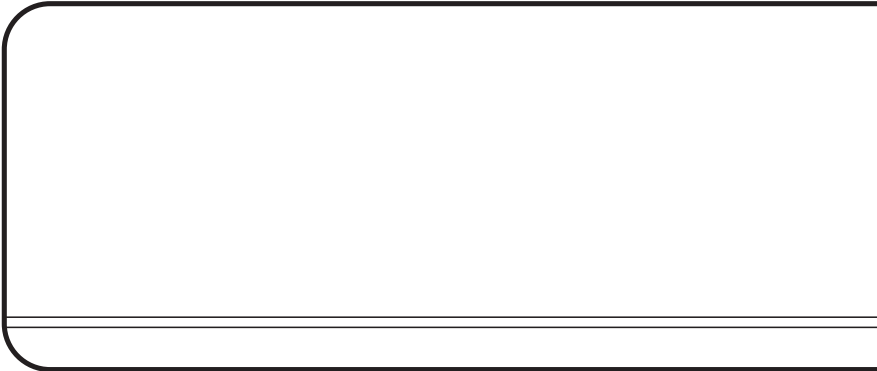
Straight jump, tuck jump, straddle jump, controlled safety landing

TEACHING NOTES:

- must show control on the DMT
- ensure participants can land in the correct spot on the DMT for each jump
- emphasize correct technique and body alignment for each skill

LEVEL 2 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 8



3 optional spotter routines with shape jumps to controlled safety landing

TEACHING NOTES:

- Variations:
- make it a game
 - design cards with skills and participants design their own routine
 - eg. straight jump, pike jump, tuck jump or straight jump, straddle jump, 1/2 turn

DOUBLE MINI

LEVEL 3 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 1

	<p>Roller coaster with only 2 bounces on DMT (mounter routine)</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - ensure participant land in correct spot on DMT
--	--

LEVEL 3 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 2

	<p>Straight jump, tuck jump controlled safety landing (mounter routine)</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - ensure participant lands in correct spot on DMT - knees should reach chest height in tuck jump
--	--

LEVEL 3 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 3

	<p>Straight jump, pike/straddle jump, controlled safety landing</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - ensure participant lands in the correct spot on the DMT
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LEVEL 3 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

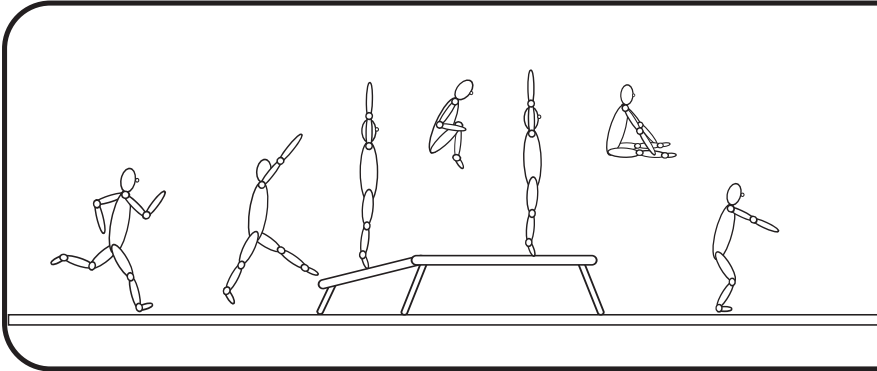
SKILL 4

	<p>Tuck jump, straight jump to controlled safety landing</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - tuck jump must travel over the red zone
--	---

DOUBLE MINI

LEVEL 3 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 5



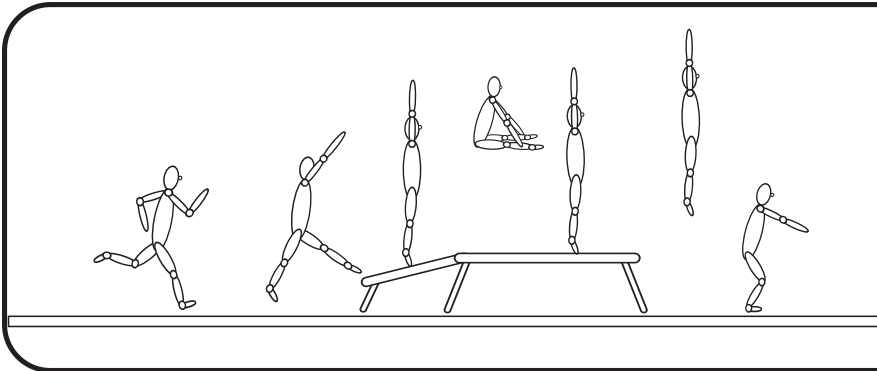
Tuck jump, straddle jump to a controlled safety landing (mounter routine)

TEACHING NOTES:

- ensure participant bounces in the correct spots on the DMT
- shape jumps should be done with legs close to full height

LEVEL 3 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 6



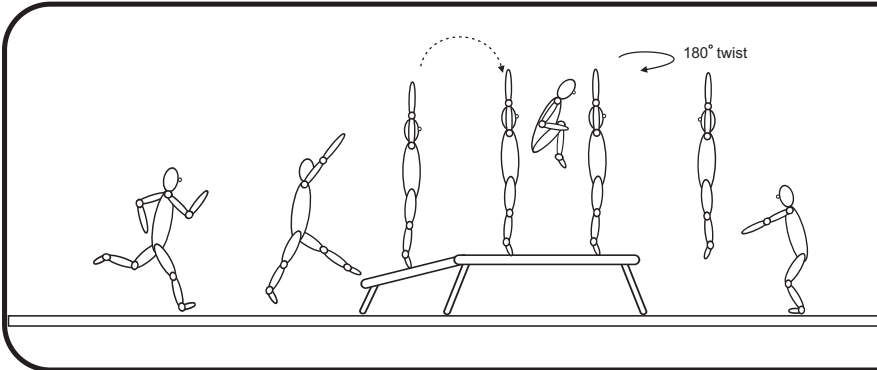
Straddle jump, straight jump to controlled safety landing (mounter routine)

TEACHING NOTES:

- ensure participant bounces in the correct spots on the DMT
- shape jumps should be done with legs close to full height

LEVEL 3 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 7



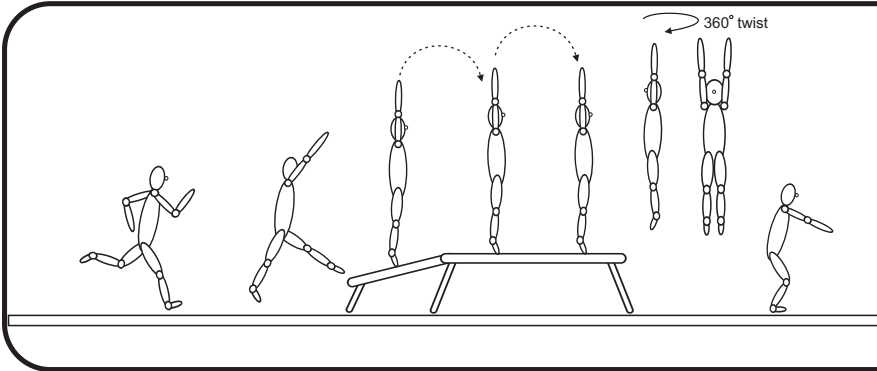
Straight jump, tuck/straddle jump, 1/2 turn to controlled safety landing (spotter routine)

TEACHING NOTES:

- participant needs to look at dmt on landing

LEVEL 3 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 8



Straight jump, straight jump, 1/1 turn to controlled safety landing

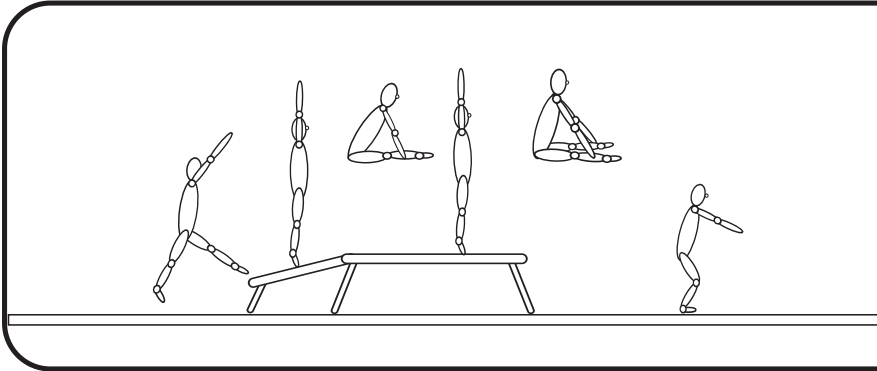
TEACHING NOTES:

- progression - 1/1 turn on trampoline or floor
- focus on looking forward for landing

DOUBLE MINI

LEVEL 4 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 1



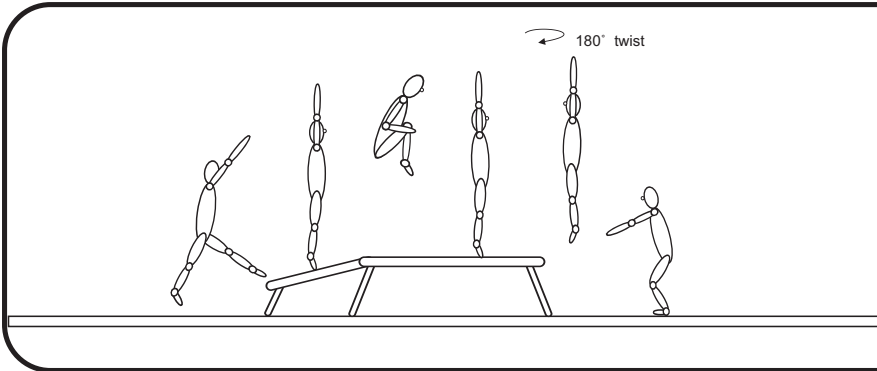
Pike jump, straddle jump, controlled safety landing (mounter routine)

TEACHING NOTES:

- ensure participant bounces in the correct spots on the DMT
- shape jumps should be done with legs close to full height

LEVEL 4 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 2



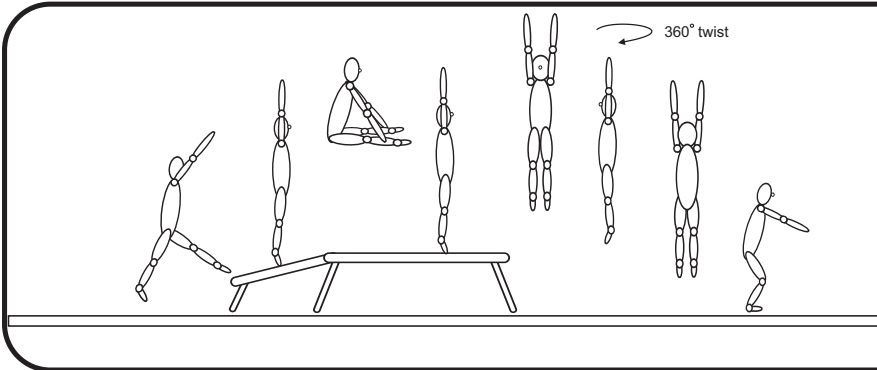
Tuck jump, jump 1/2 turn to controlled safety landing (mounter routine)

TEACHING NOTES:

- ensure participant bounces in the correct spots on the DMT
- shape jumps should be done with legs close to full height

LEVEL 4 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 3



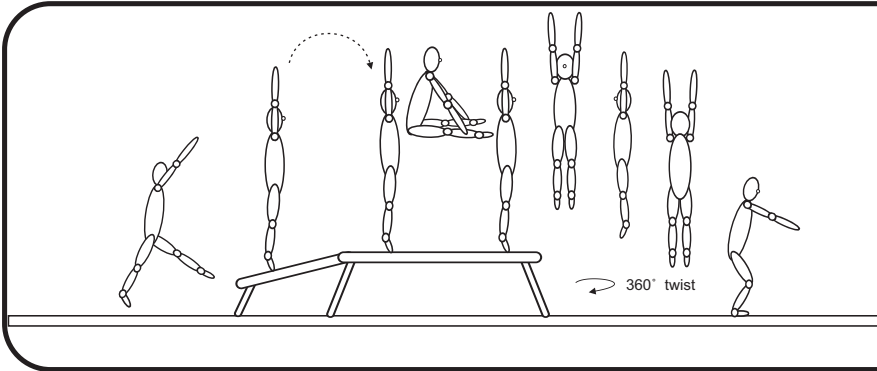
Any shape jump, jump 1/1 turn controlled safety landing (mounter routine)

TEACHING NOTES:

- ensure participant bounces in the correct spots on the DMT
- shape jumps should be done with legs close to full height
- can use apparatus in front of DMT as progression

LEVEL 4 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 4



Straight jump, straddle jump, 1/1 turn to controlled safety landing (spotter routine)

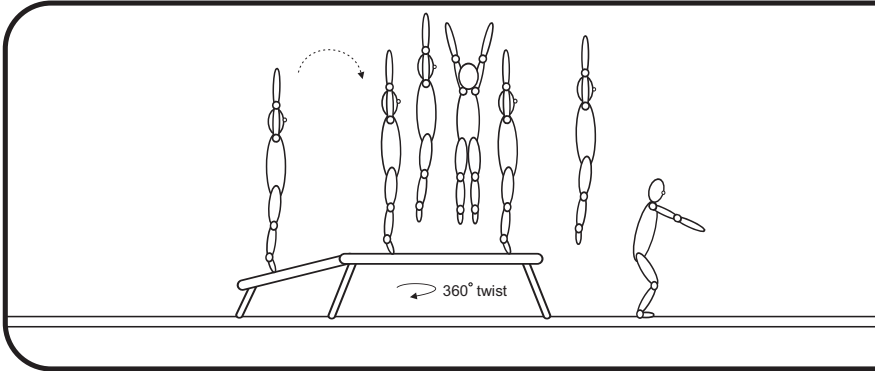
TEACHING NOTES:

- must show control on the DMT
- ensure participants can land in the correct spot on the DMT for each jump
- emphasize correct technique and body alignment for each skill

DOUBLE MINI

LEVEL 4 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 5



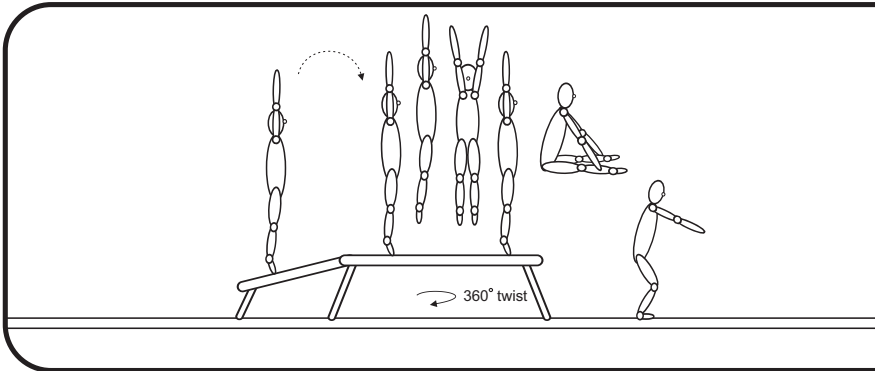
Straight jump, 1/1 turn, straight jump, controlled safety landing

TEACHING NOTES:

- must show control on the DMT
- ensure participants can land in the correct spot on the DMT for each jump
- emphasize correct technique and body alignment for each skill

LEVEL 4 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 6



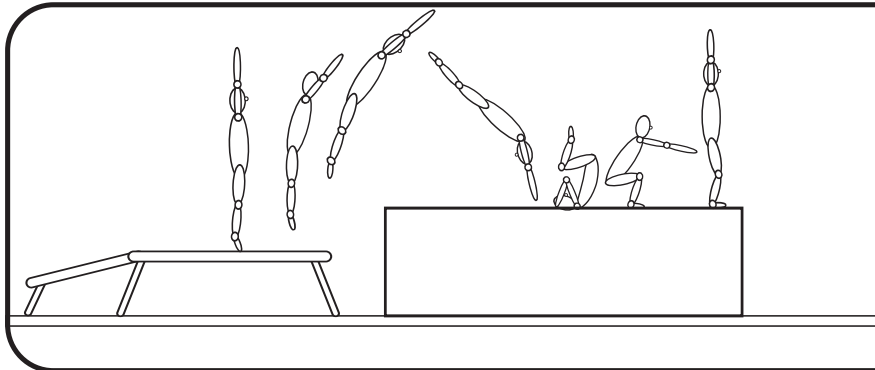
Straight jump, 1/1 turn, straddle jump, controlled safety landing

TEACHING NOTES:

- must show control on the DMT
- ensure participants can land in the correct spot on the DMT for each jump
- emphasize correct technique and body alignment for each skill

LEVEL 4 - GYMNASTICS FOUNDATIONS - TRAMPOLINE TRAINED

SKILL 7



Straight jump, straight jump, dive roll onto height off DMT/tramp

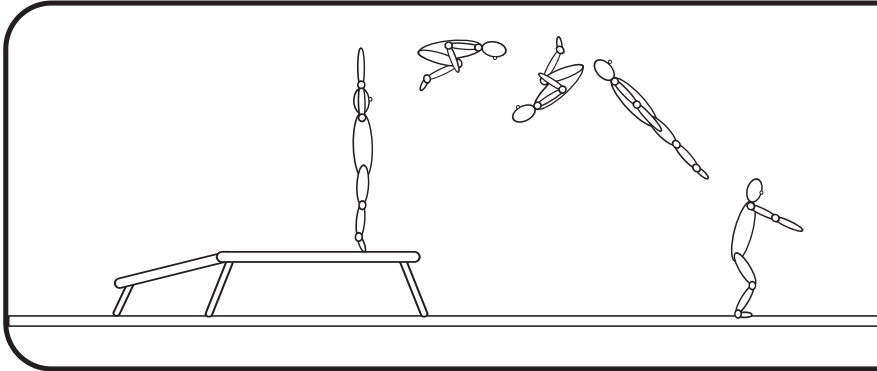
TEACHING NOTES:

- participants should be proficient with this skill on trampoline and/or tumbling before trying it off the DMT
- limit participants to only 2-3 bounces before the skill

DOUBLE MINI

LEVEL 5 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 1



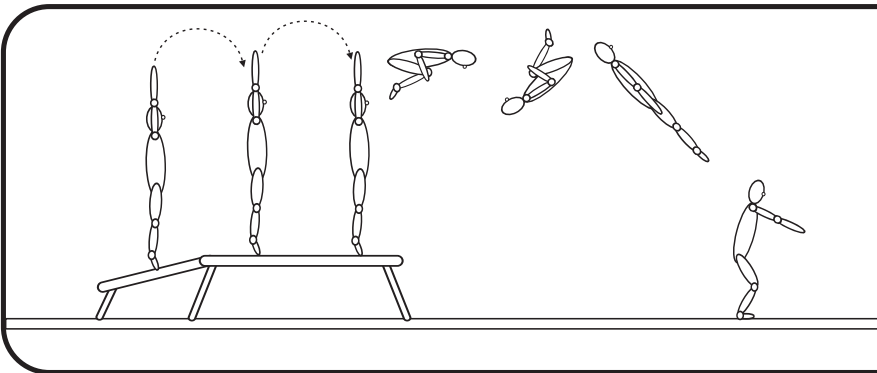
Bouncing front tuck off DMT controlled safety landing

TEACHING NOTES:

- participants should be proficient with this skill on trampoline and/or tumbling before trying it off the DMT
- limit participants to only 2-3 bounces before the skill

LEVEL 5 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 2



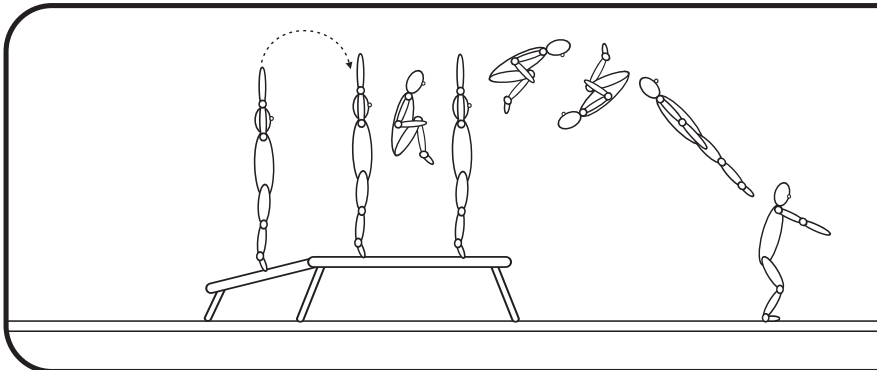
Straight jump, straight jump, front tuck, controlled safety landing

TEACHING NOTES:

- ensure participants show control in all the jumps
- chest remains vertical in take off
- front tuck should have a kickout by 3/4 of flip

LEVEL 5 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 3



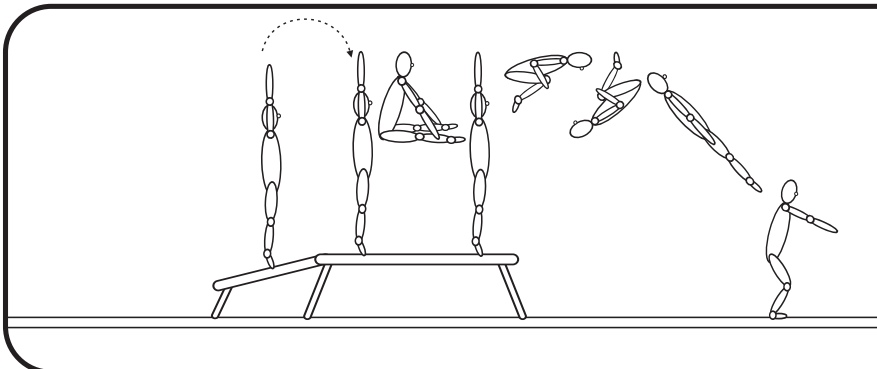
Straight jump, tuck jump, front tuck, controlled safety landing

TEACHING NOTES:

- ensure participants show control in all the jumps
- chest remains vertical in take off

LEVEL 5 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 4



Straight jump, pike/straddle jump, front tuck controlled safety landing

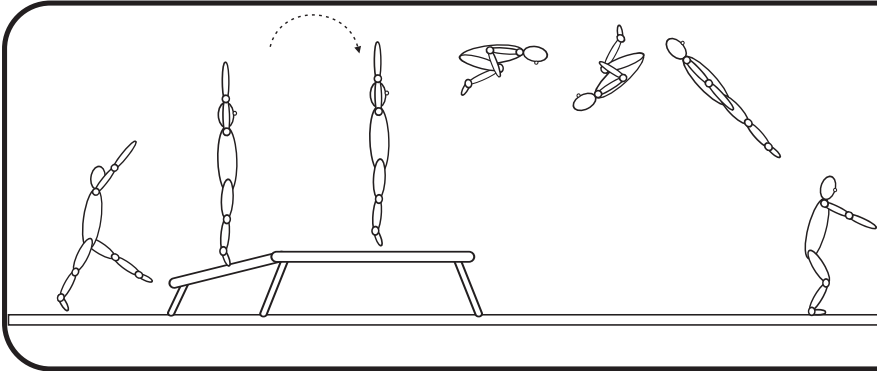
TEACHING NOTES:

- ensure participants show control in all the jumps
- chest remains vertical in take off

DOUBLE MINI

LEVEL 5 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 5



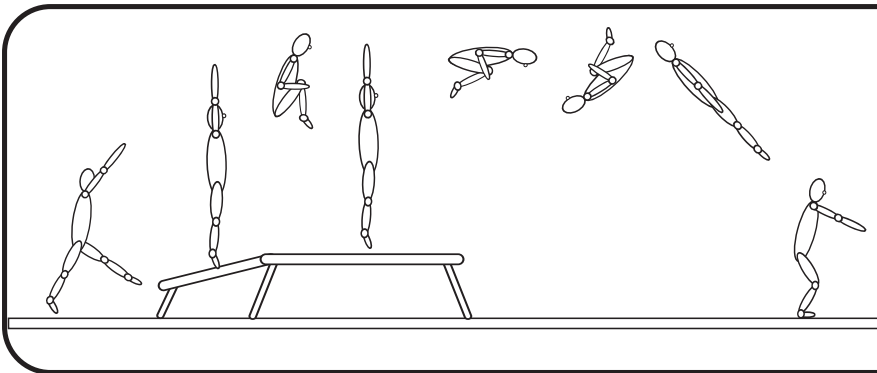
Straight jump, front tuck, controlled safety landing (mounter routine)

TEACHING NOTES:

- ensure chest stays vertical on take off
- skill should have minimal travel

LEVEL 5 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 6



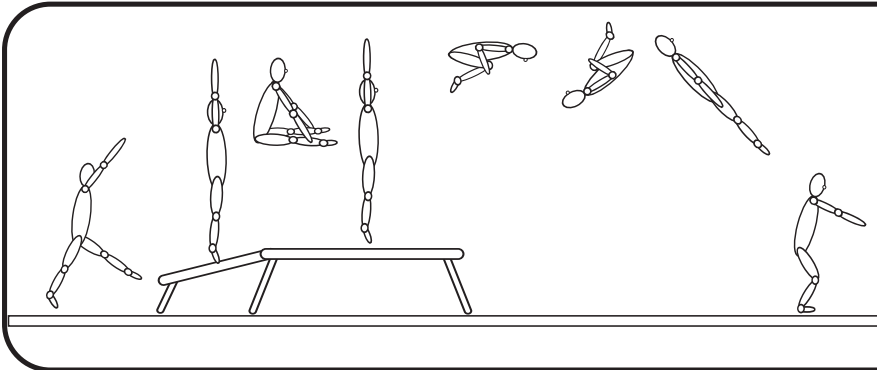
Tuck jump, front tuck controlled safety landing (mounter routine)

TEACHING NOTES:

- ensure chest stays vertical on take off
- skill should have minimal travel

LEVEL 5 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 7



Straddle jump, front tuck to controlled safety landing (mounter routine)

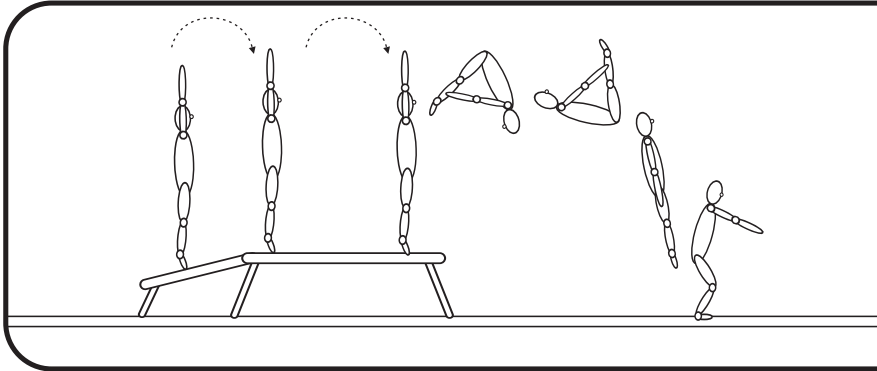
TEACHING NOTES:

- ensure chest stays vertical on take off
- skill should have minimal travel

DOUBLE MINI

LEVEL 6 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 1



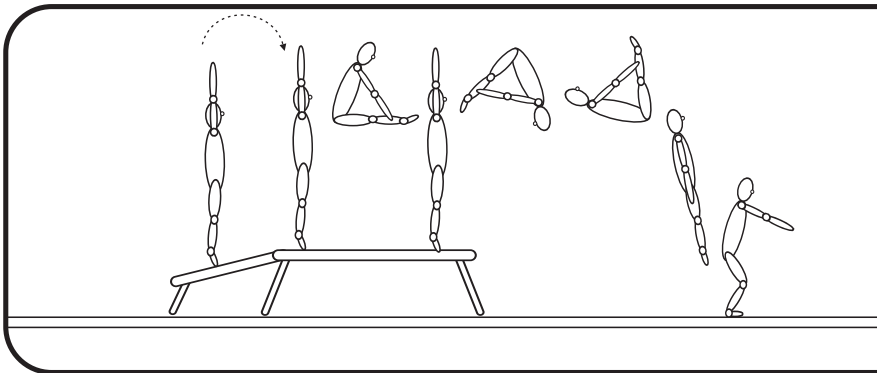
Straight jump, straight jump, front pike, controlled safety landing

TEACHING NOTES:

- ensure participants show control in all the jumps
- chest remains vertical in take off

LEVEL 6 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 2



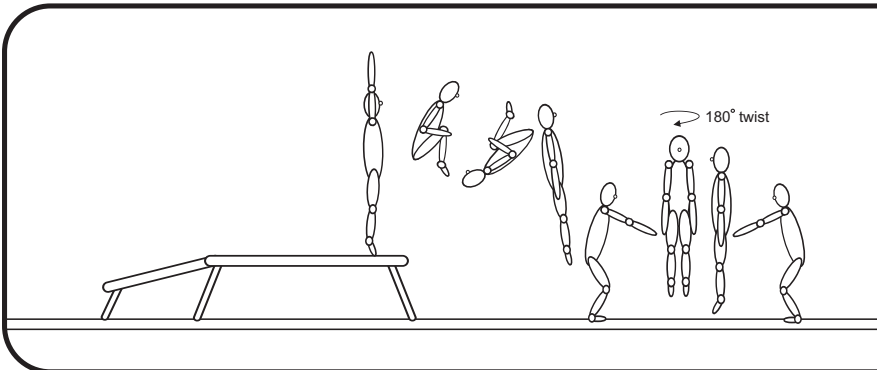
Straight jump, shape jump, front pike, controlled safety landing

TEACHING NOTES:

- ensure participants show control in all the jumps
- chest remains vertical in take off

LEVEL 6 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 3



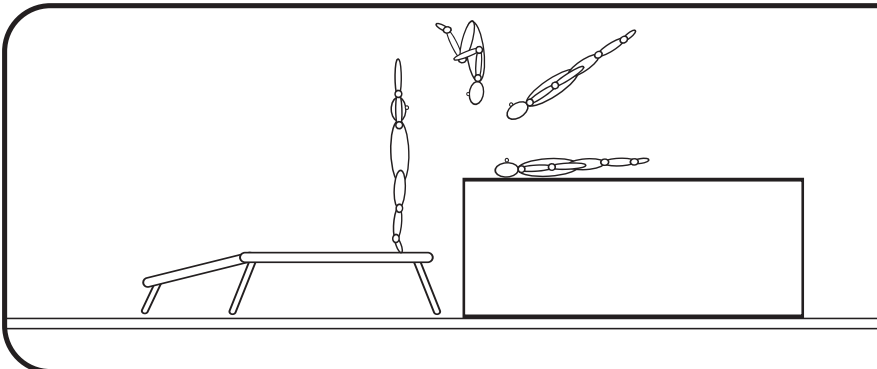
Bouncing front tuck, controlled landing, jump 1/2 turn

TEACHING NOTES:

- prepares participants for the barani

LEVEL 6 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 4



Bouncing front tuck to flat back on height, roll 1/2 turn to front

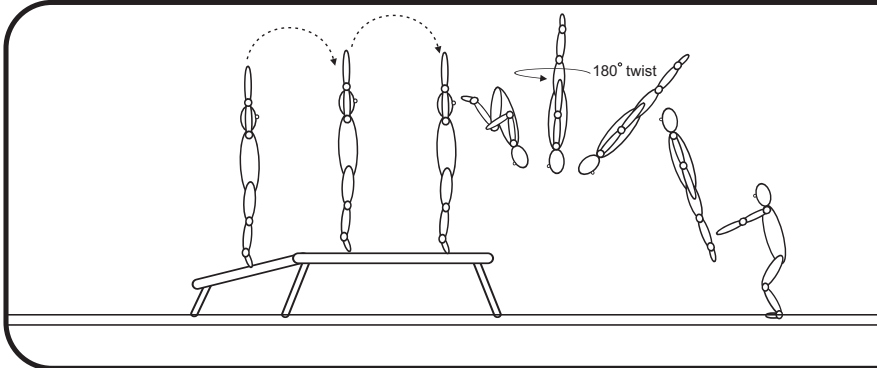
TEACHING NOTES:

- ensure participant knows their correct twisting direction

DOUBLE MINI

LEVEL 6 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 5



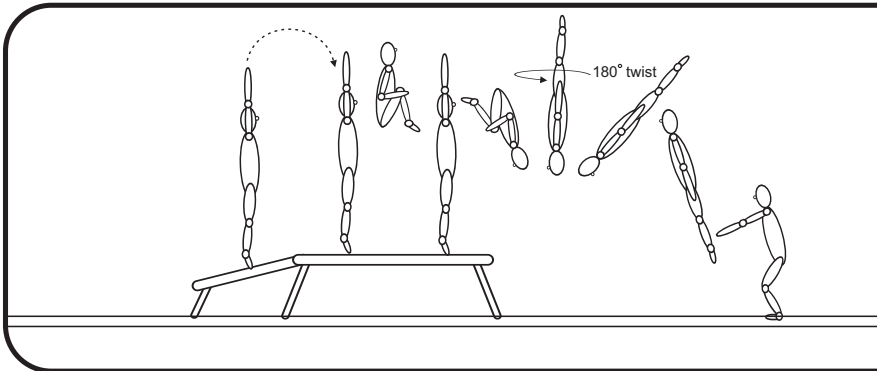
Straight jump, straight jump, tuck barani, controlled safety landing

TEACHING NOTES:

- participants should be proficient with barani on/off trampoline before trying off DMT
- ensure there is control in all jumps
- ensure twist occurs after the tuck position, during the kickout

LEVEL 6 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 6



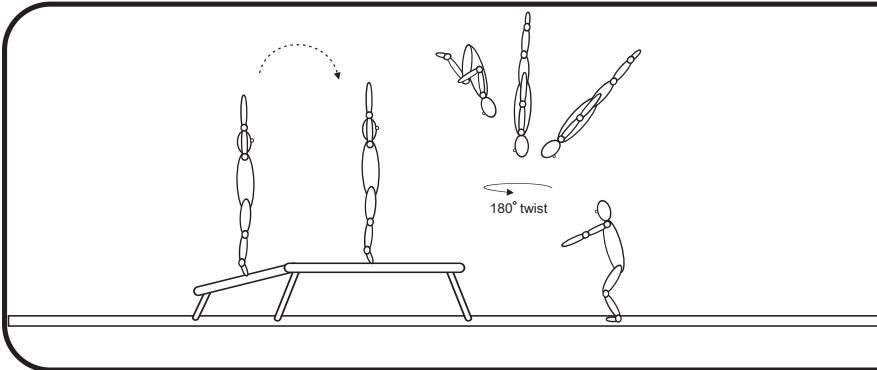
Straight jump, shape jump, tuck barani, controlled safety landing

TEACHING NOTES:

- participants should be proficient with barani on trampoline before trying off DMT
- ensure there is control in all jumps

LEVEL 6 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 7



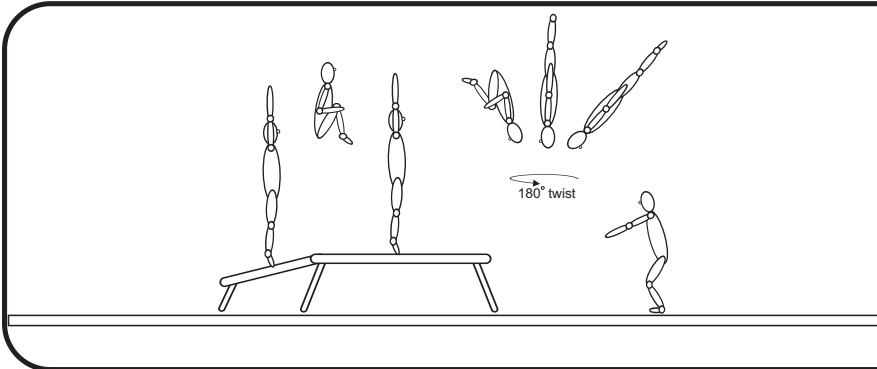
Straight jump, tuck barani, controlled safety landing (mounter routine)

TEACHING NOTES:

- ensure participant bounces in the correct place on the DMT

LEVEL 6 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 8



Shape jump, tuck barani, controlled safety landing (mounter routine)

TEACHING NOTES:

- ensure the participant bounces in the correct place on the DMT
- teach participant to look for the DMT or the landing mat before landing



DOUBLE MINI

LEVEL 6 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 9

3 optional routines with shape jump, front tuck and controlled safety landing (spotter/mounter)

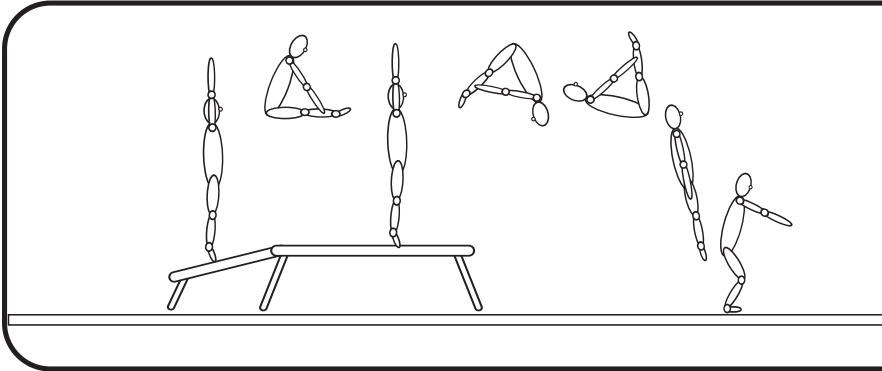
TEACHING NOTES:

- use variations of spotter and mounter routines

DOUBLE MINI

LEVEL 7 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 1



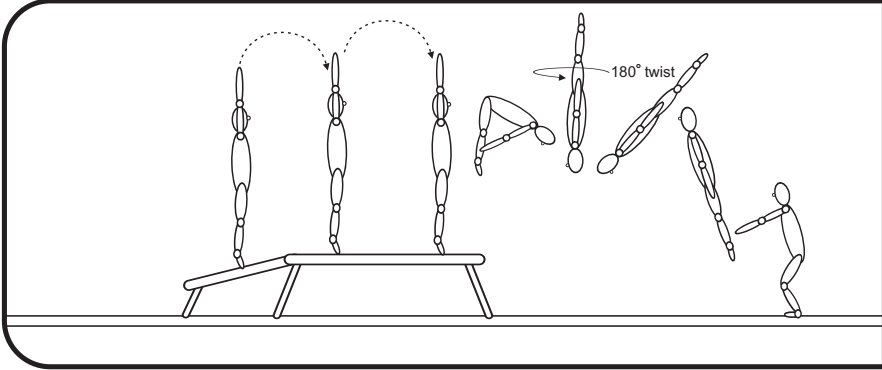
Shape jump, front pike controlled safety landing (mouter routine)

TEACHING NOTES:

- ensure participant bounces in the correct spots on the DMT
- chest should remain vertical on takeoff

LEVEL 7 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 2



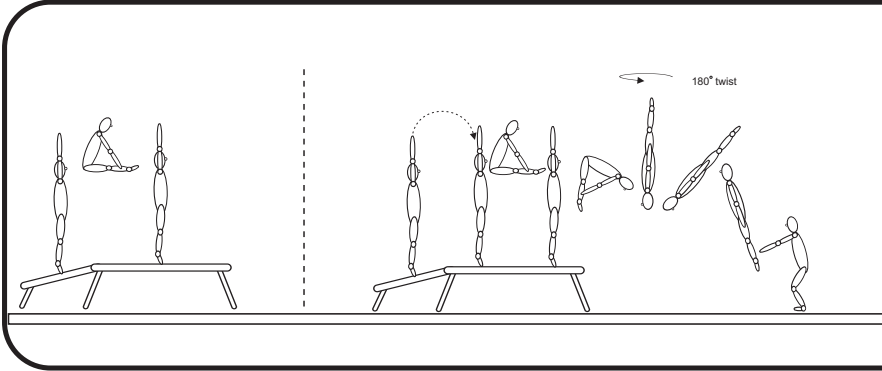
Straight jump, straight jump, pike barani, controlled safety landing

TEACHING NOTES:

- ensure participant bounces in the correct spots on the DMT
- chest should remain vertical on takeoff
- use similar progressions as for tuck barani

LEVEL 7 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 3



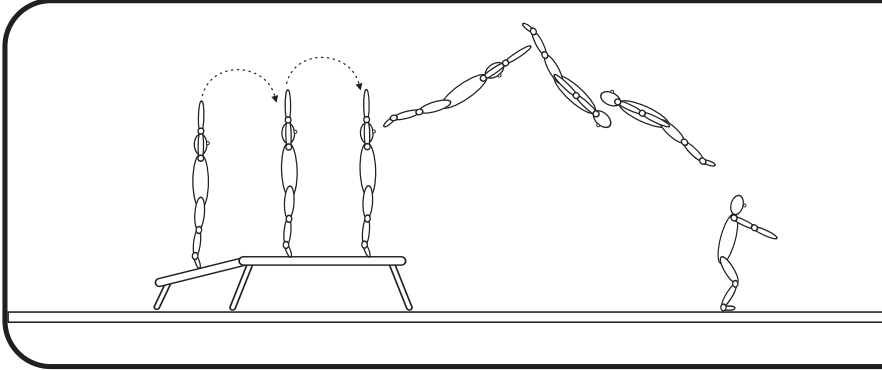
Mouter or spotter shape jump, pike barani and controlled safety landing

TEACHING NOTES:

- ensure participant bounces in the correct spots on the DMT
- chest should remain vertical on takeoff

LEVEL 7 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 4



Straight jump, straight jump, front straight, control with spot or safety mat

TEACHING NOTES:

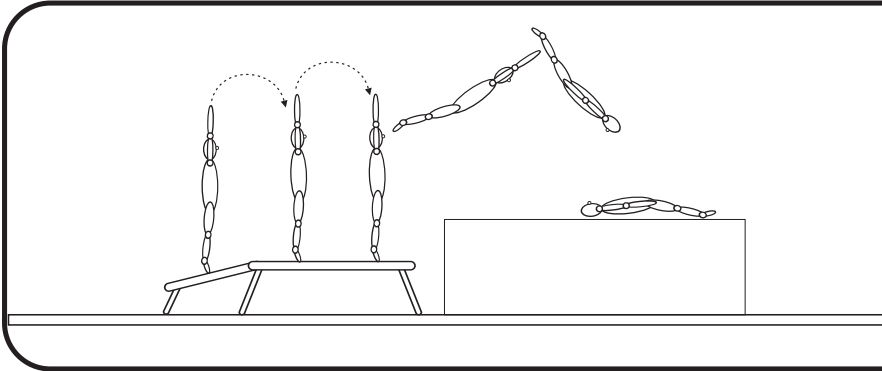
- this is a blind landing; ensure participant lands without rotation
- skill should have minimal travel (not shown in graphic)

NOTE: ALL SKILLS LANDING OFF THE DMT SHOULD HAVE A PROPER LANDING MAT OR SAFETY MATS (MIN. 8") THAT DO NOT SHIFT TO LAND ON

DOUBLE MINI

LEVEL 7 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 5



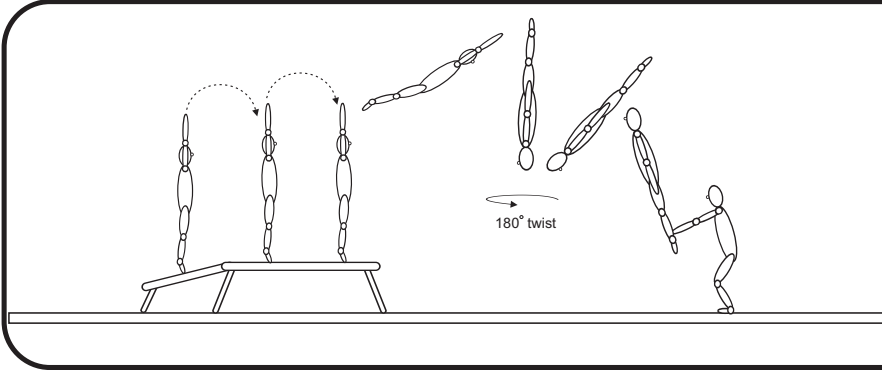
Front straight to flat back on porta pit, roll 1/2 to front

TEACHING NOTES:

- ensure participant knows their twisting direction - which direction to roll

LEVEL 7 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 6



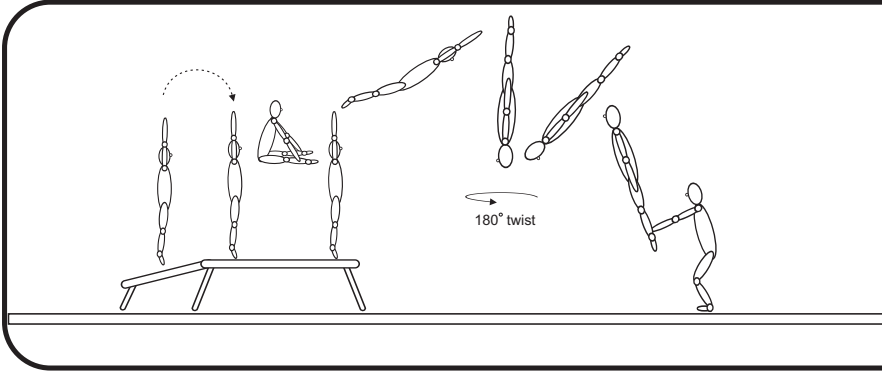
Straight jump, straight jump, straight barani controlled safety landing

TEACHING NOTES:

- ensure twisting does not start too early

LEVEL 7 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 7



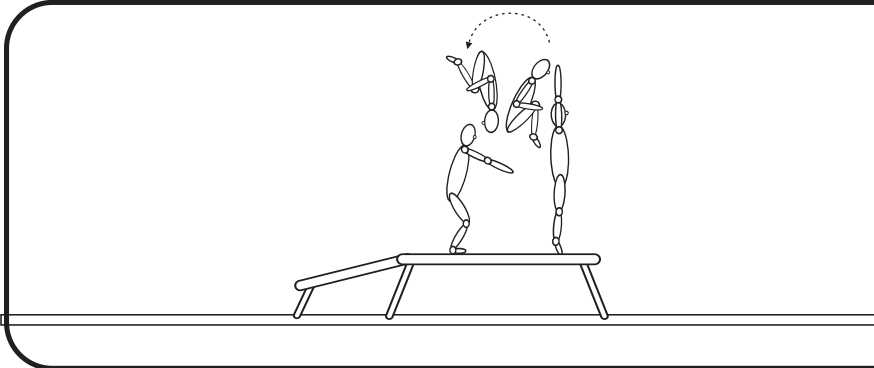
Straight jump, shape jump, straight barani, controlled safety landing

TEACHING NOTES:

- can use tuck/pike/straddle jump

LEVEL 8 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 1



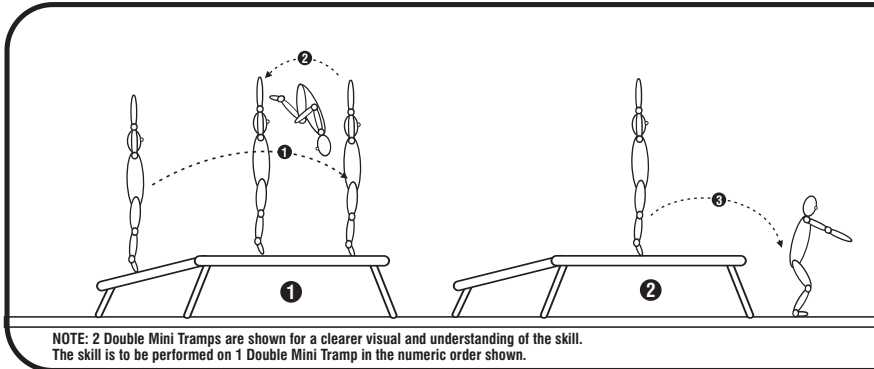
Bouncing back tuck on DMT with assistance (spotter skill)

TEACHING NOTES:

- ensure participants are proficient with this skill on the trampoline before trying on DMT
- limit participants to only 2-3 bounces before the skill
- participants should not travel when performing skill

LEVEL 8 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 2



NOTE: 2 Double Mini Tramps are shown for a clearer visual and understanding of the skill. The skill is to be performed on 1 Double Mini Tramp in the numeric order shown.

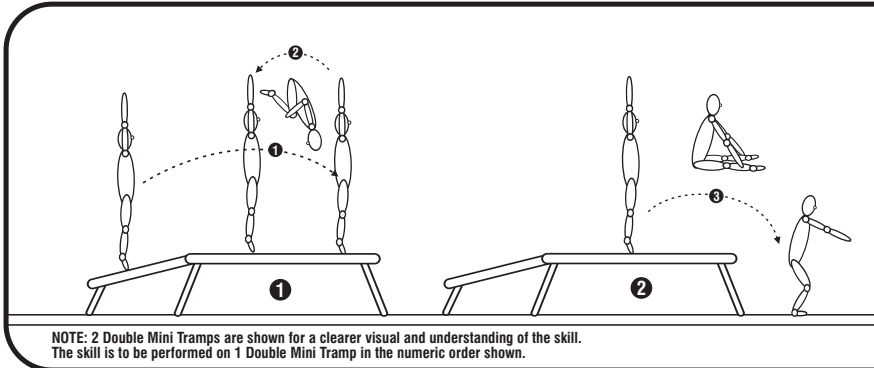
Straight jump, spotter back tuck, straight jump, controlled safety landing

TEACHING NOTES:

- participants must approach the DMT slower
- full body extension in take off
- ensure participants land each skill in the correct spot on the DMT
- back tuck should not travel
- coaches must be trained in using a throw mat

LEVEL 8 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 3



NOTE: 2 Double Mini Tramps are shown for a clearer visual and understanding of the skill. The skill is to be performed on 1 Double Mini Tramp in the numeric order shown.

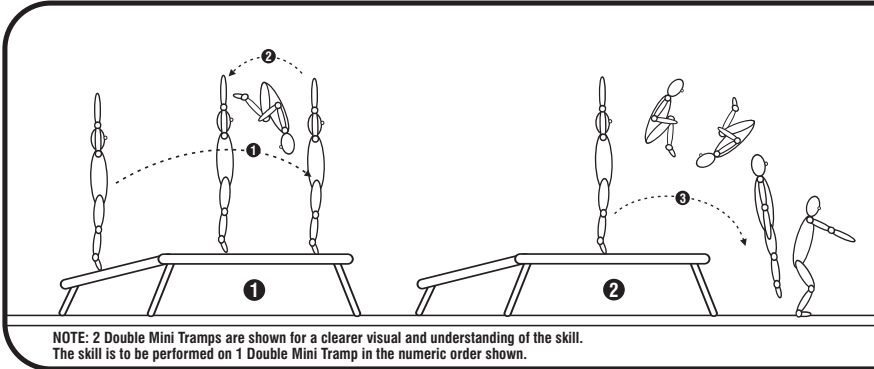
Straight jump, spotter back tuck, shape jump, controlled safety landing

TEACHING NOTES:

- participants must approach the DMT slower
- full body extension in take off
- ensure participants land each skill in the correct spot on the DMT

LEVEL 8 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 4



NOTE: 2 Double Mini Tramps are shown for a clearer visual and understanding of the skill. The skill is to be performed on 1 Double Mini Tramp in the numeric order shown.

Straight jump, spotter back tuck, front tuck, controlled safety landing

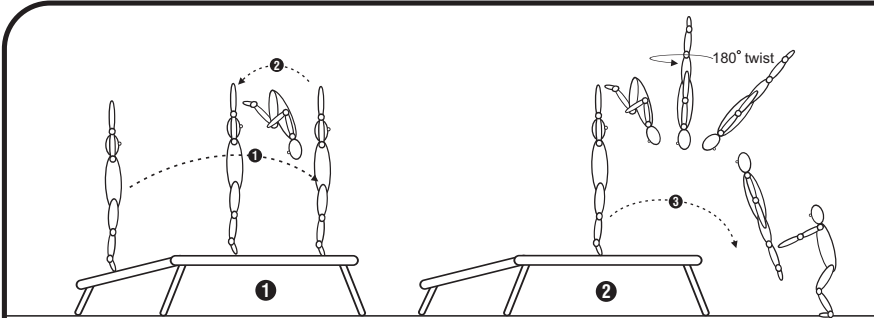
TEACHING NOTES:

- ensure the spotter skill has sufficient rotation to complete the dismount

DOUBLE MINI

LEVEL 8 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 5



NOTE: 2 Double Mini Tramps are shown for a clearer visual and understanding of the skill. The skill is to be performed on 1 Double Mini Tramp in the numeric order shown.

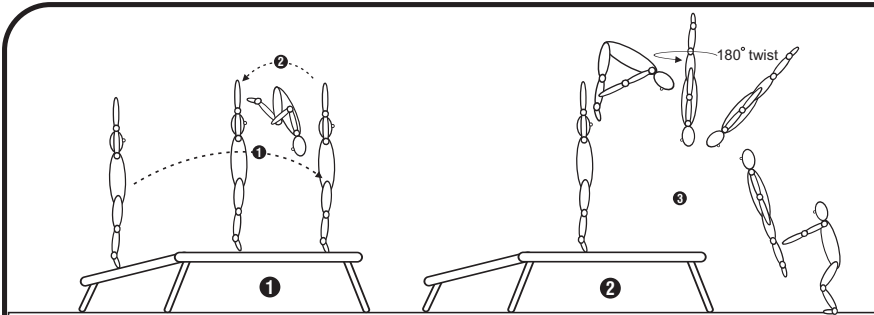
Straight jump, spotter back tuck, tuck barani, controlled safety landing

TEACHING NOTES:

- ensure the spotter skill has sufficient rotation to complete the dismount

LEVEL 8 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 6



NOTE: 2 Double Mini Tramps are shown for a clearer visual and understanding of the skill. The skill is to be performed on 1 Double Mini Tramp in the numeric order shown.

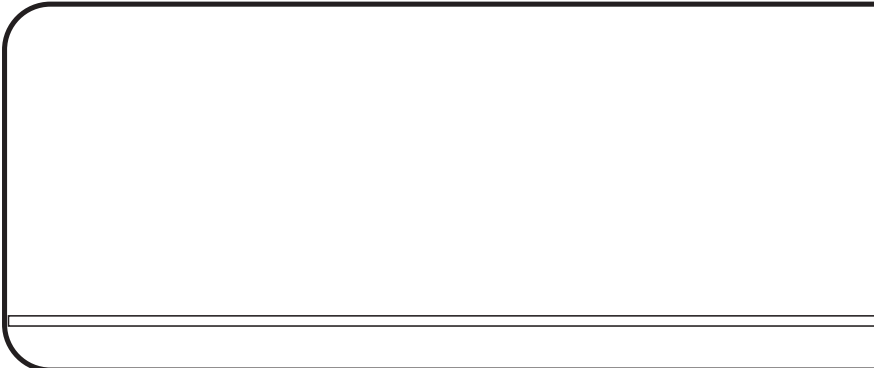
Straight jump, spotter back tuck, pike barani, controlled safety landing

TEACHING NOTES:

- ensure the spotter skill has sufficient rotation to complete the dismount

LEVEL 8 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 7



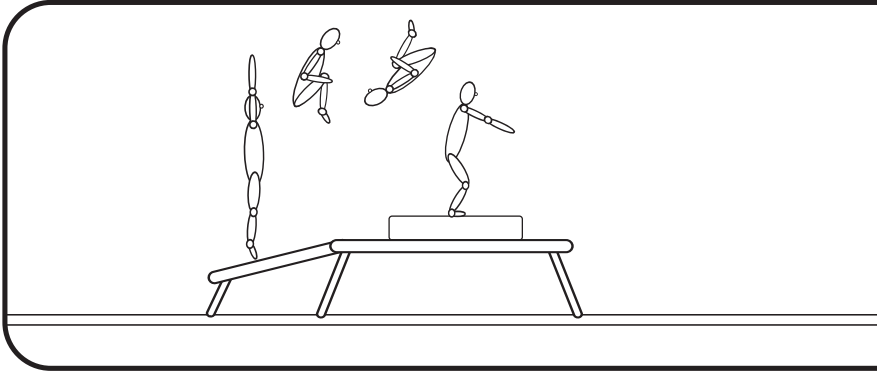
3 routines with shape jumps as spotter skills and tuck/pike/straight barani dismounts with controlled landing

TEACHING NOTES:

- use variations of shape jumps and baranis

LEVEL 9 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 1



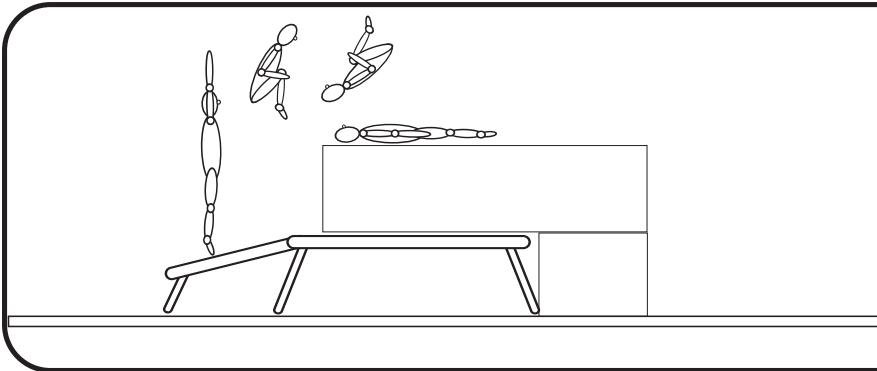
Front tuck mounter onto safety mat, controlled safety landing

TEACHING NOTES:

- participants should approach the DMT faster and lean forward slightly in take off
- participants must show control
- only used as a progression

LEVEL 9 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 2



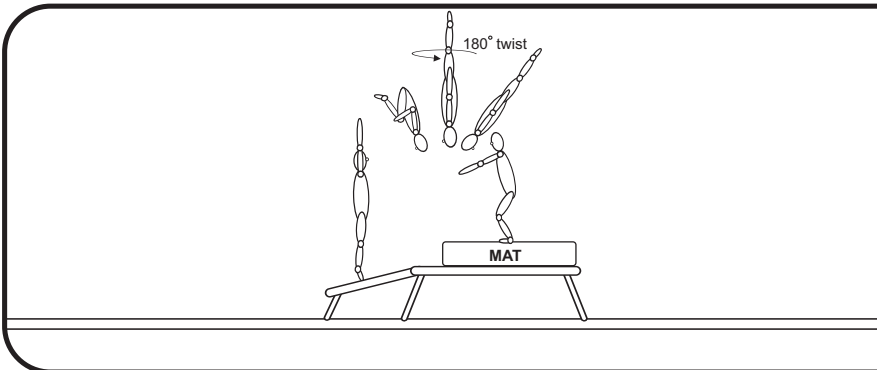
Front tuck mounter to flat back onto height, roll, 1/2 turn to front

TEACHING NOTES:

- can use box in front of DMT
- ensure participant rolls the correct direction

LEVEL 9 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 3



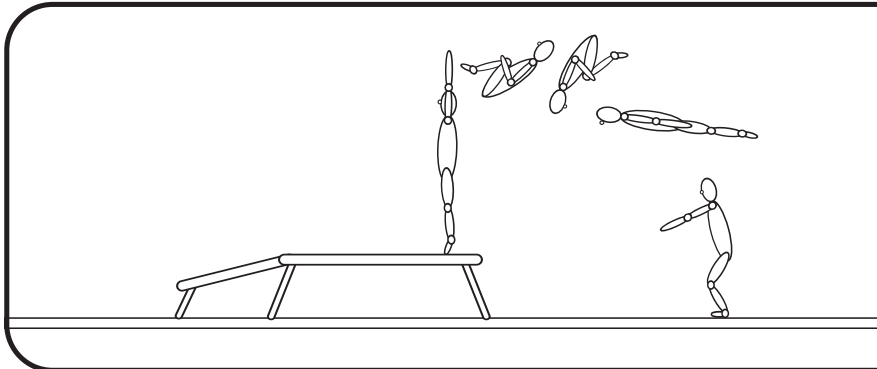
Tuck barani mounter onto safety mat

TEACHING NOTES:

- participants should approach the DMT faster and lean forward slightly in take off
- do not move on until participant is consistently landing in the correct place on the DMT

LEVEL 9 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 4



Bouncing back tuck off DMT, controlled safety landing

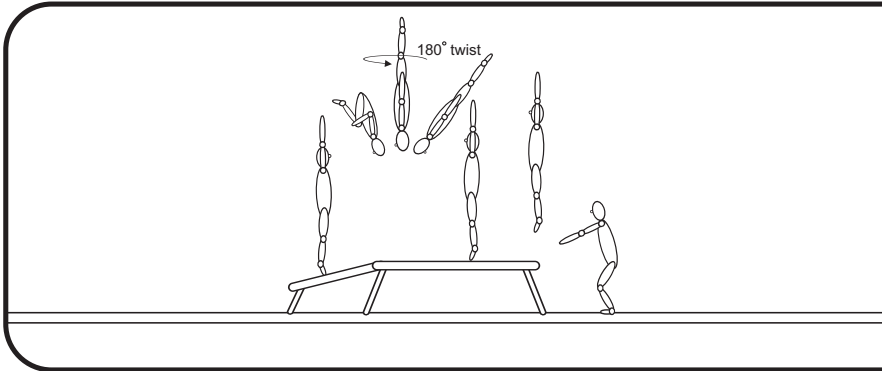
TEACHING NOTES:

- participants should be proficient with this skill on trampoline before trying it off the DMT
- limit participants to only 2-3 bounces before the skill
- participant needs to travel slightly backwards

DOUBLE MINI

LEVEL 9 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 5



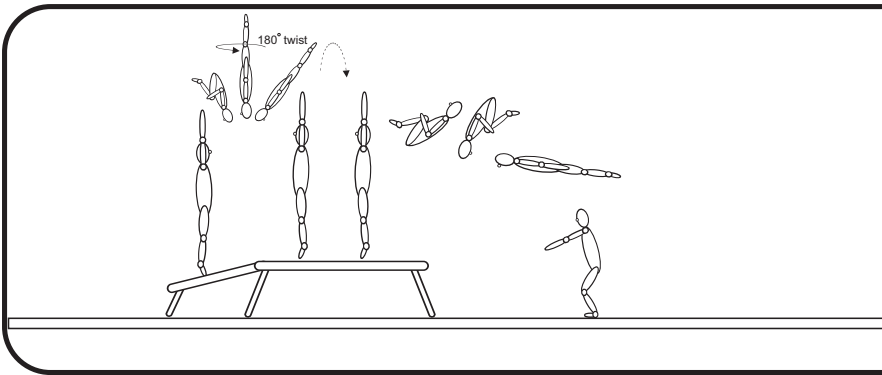
Tuck barani mounter, straight jump, controlled safety landing

TEACHING NOTES:

- participants should approach the DMT faster and lean forward slightly in take off
- ensure participants do not twist early

LEVEL 9 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 6



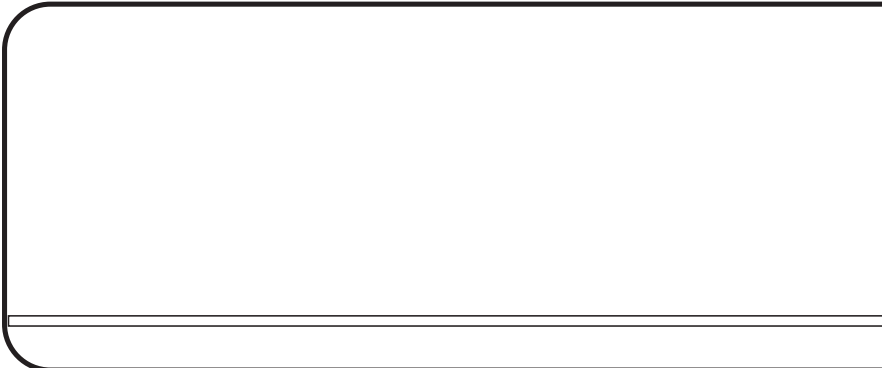
Tuck barani mounter, straight jump, back tuck controlled safety landing

TEACHING NOTES:

- straight jump in between tuck barani and back tuck should not travel. It is used as a progression to connect the back tuck.

LEVEL 9 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 7



3 routines with shape jumps as mounter skills tuck/ pike/ straight barani dismount, controlled safety landing (mounter routine)

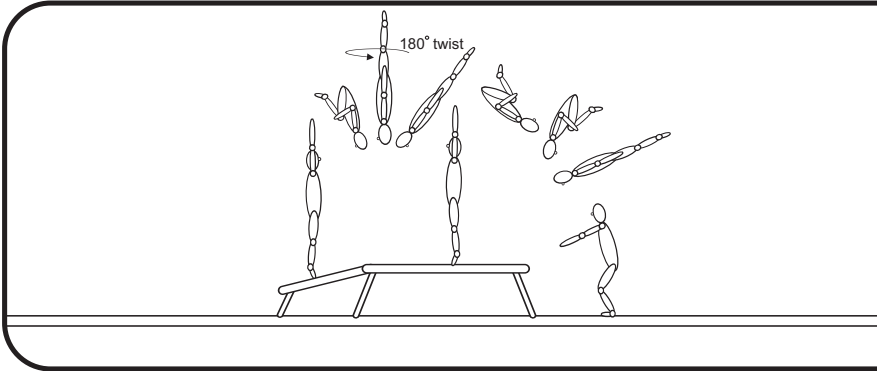
TEACHING NOTES:

- use variations of shape jumps and baranis

DOUBLE MINI

LEVEL 10 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 1



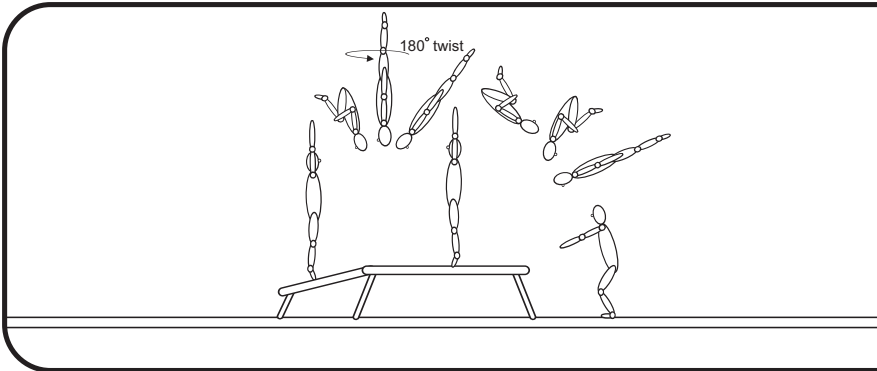
Barani mounter, back tuck, controlled safety landing (spotted)

TEACHING NOTES:

- participants should approach the DMT faster and lean forward slightly in take off
- ensure participants do not twist too early in the barani
- participants can do any barani (tuck/pike/straight)

LEVEL 10 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 2



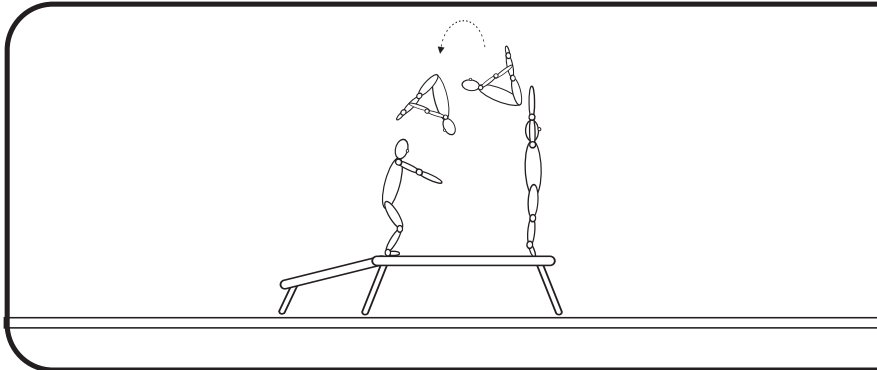
Barani mounter, back tuck, controlled safety landing

TEACHING NOTES:

- participants should approach the DMT faster and lean forward slightly in take off
- ensure participants do not twist too early
- participants can do any barani (tuck/pike/straight)
- coach must "safety" with the throw mat

LEVEL 10 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 3



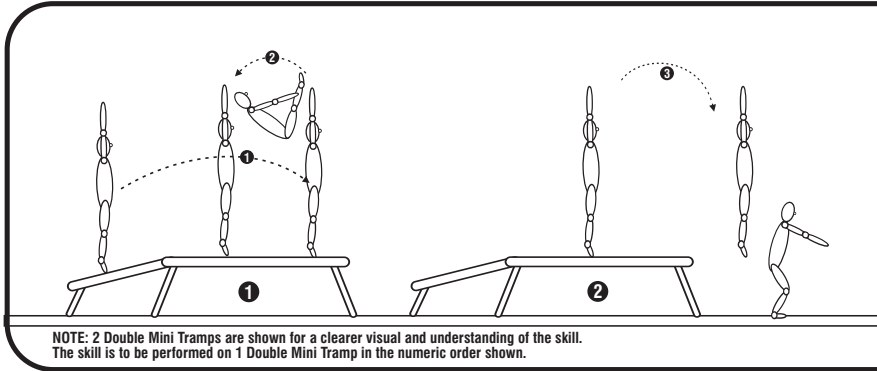
Bouncing spotter back pike with spot or safety mat, controlled safety landing

TEACHING NOTES:

- coach must use throw mat when teaching

LEVEL 10 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 4



Straight jump, spotter back pike, straight jump, controlled safety landing

TEACHING NOTES:

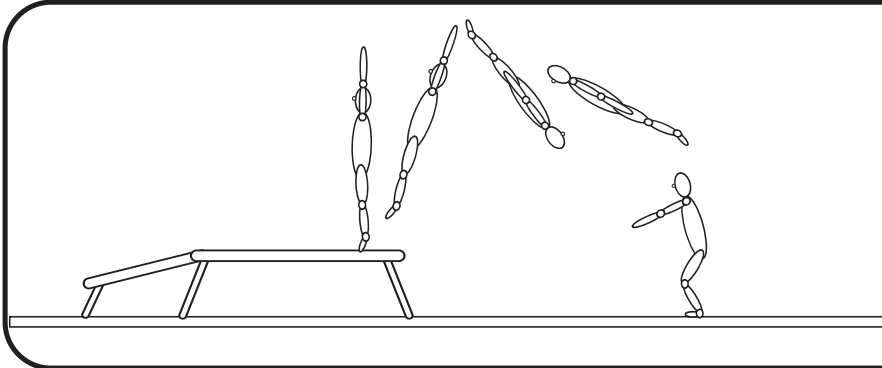
- ensure the spotter skill has sufficient rotation to complete the dismount
- coach must "safety" with throw mat

NOTE: 2 Double Mini Tramps are shown for a clearer visual and understanding of the skill. The skill is to be performed on 1 Double Mini Tramp in the numeric order shown.

DOUBLE MINI

LEVEL 10 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 5



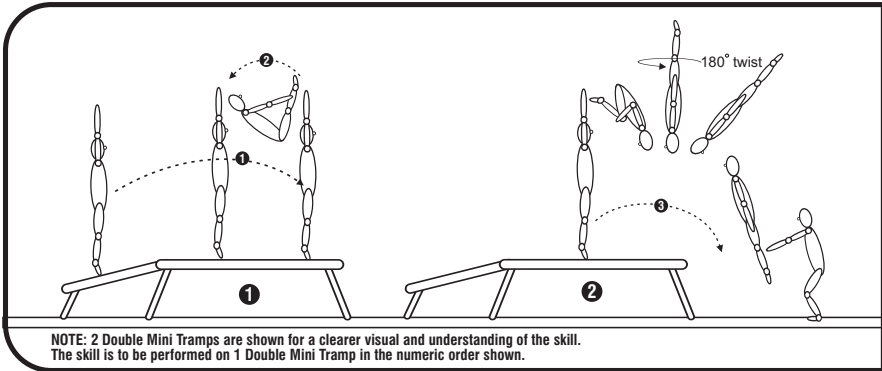
Bouncing back straight off DMT, controlled safety landing

TEACHING NOTES:

- participants should be proficient with this skill on trampoline and before trying it off the DMT
- limit participants to only 2-3 bounces before the skill

LEVEL 10 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 6



NOTE: 2 Double Mini Tramps are shown for a clearer visual and understanding of the skill. The skill is to be performed on 1 Double Mini Tramp in the numeric order shown.

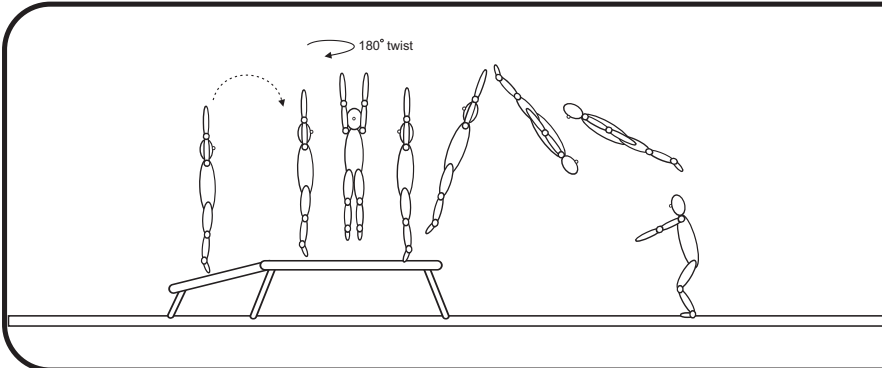
Straight jump, spotter back pike, front tuck/ tuck barani controlled safety landing

TEACHING NOTES:

- ensure the spotter skill has sufficient rotation to complete the dismount
- barani should have minimal travel

LEVEL 10 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 7



Straight jump, jump 1/2 turn, back straight, controlled safety landing

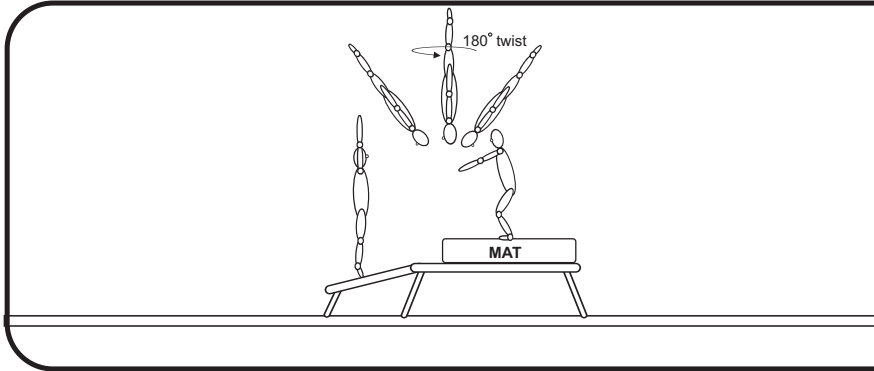
TEACHING NOTES:

- 1/2 turn needs to be consistent and with minimal travel

DOUBLE MINI

LEVEL 11 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 1



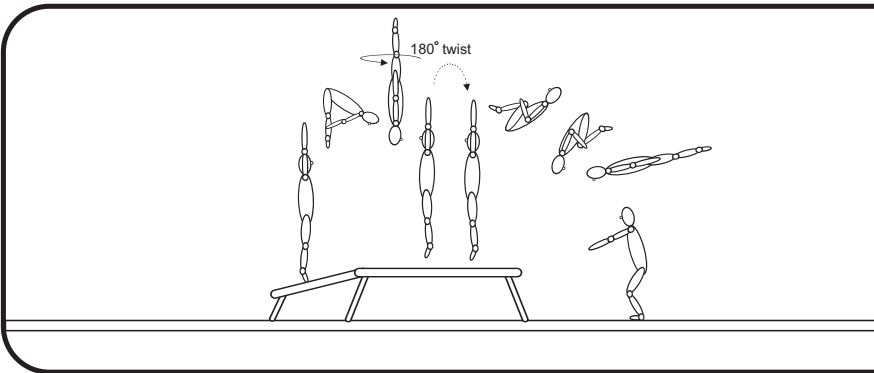
Straight or pike barani mounter, controlled safety landing

TEACHING NOTES:

- participants should approach the DMT faster and lean forward slightly in take off

LEVEL 11 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 2



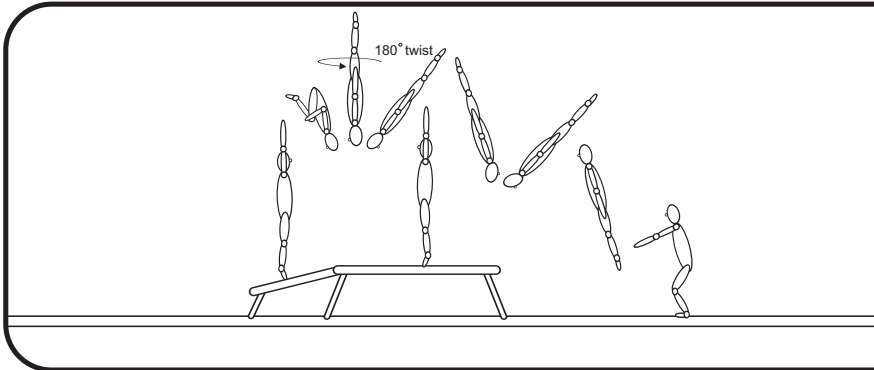
Straight/pike barani mounter, straight jump, back tuck, controlled safety landing

TEACHING NOTES:

- participants should approach the DMT faster and lean forward slightly in take off
- ensure participants do not twist early
- ensure barani mounter does not travel sideways
- straight jump is only used as a progression

LEVEL 11 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 3



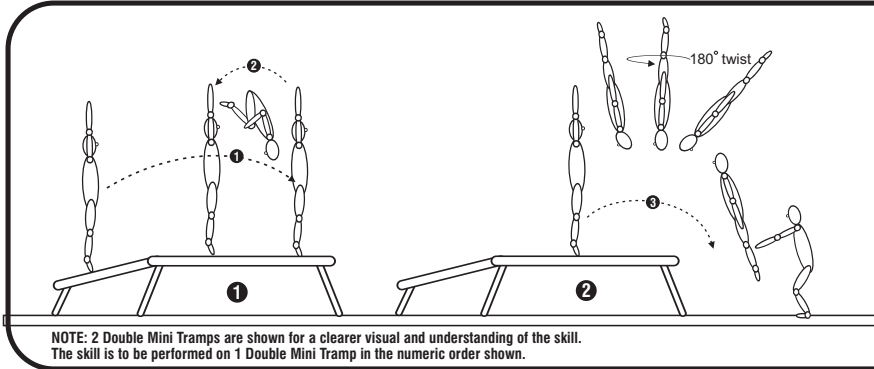
Barani mounter, back straight, controlled safety landing

TEACHING NOTES:

- participants should approach the DMT faster and lean forward slightly in take off
- ensure participants do not twist early
- participants can do any barani (tuck/pike/straight)
- coach must "safety" with the throw mat

LEVEL 11 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 4



Straight jump, spotter back tuck, straight barani, controlled safety landing

TEACHING NOTES:

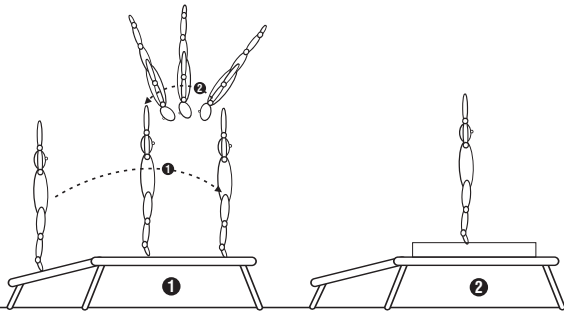
- ensure the spotter skill has sufficient rotation to complete the dismount
- coach must "safety" with the throw mat

NOTE: 2 Double Mini Tramps are shown for a clearer visual and understanding of the skill. The skill is to be performed on 1 Double Mini Tramp in the numeric order shown.

DOUBLE MINI

LEVEL 11 - LEVEL 2 TRAMPOLINE/COMP INTRO CERTIFIED

SKILL 5



NOTE: 2 Double Mini Tramps are shown for a clearer visual and understanding of the skill. The skill is to be performed on 1 Double Mini Tramp in the numeric order shown.

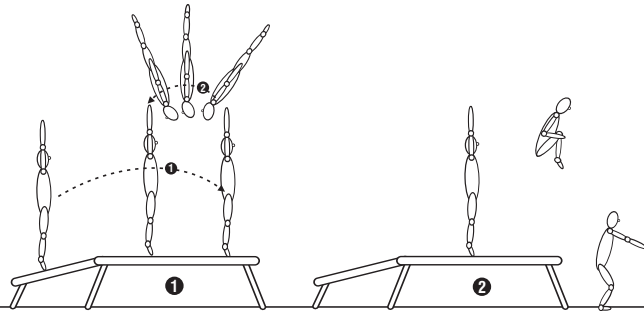
Straight jump, spotter back straight with throw mat, straight jump, controlled safety landing

TEACHING NOTES:

- maintain height and body alignment in the back straight
- ensure participant does not travel backwards
- coach must use the throw mat

LEVEL 11 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 6



NOTE: 2 Double Mini Tramps are shown for a clearer visual and understanding of the skill. The skill is to be performed on 1 Double Mini Tramp in the numeric order shown.

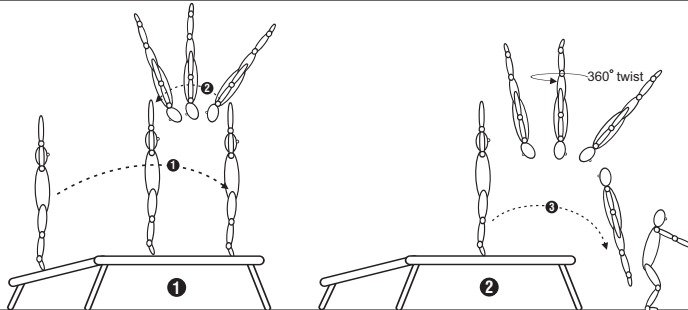
Straight jump, spotter back straight, shape jump, controlled safety landing

TEACHING NOTES:

- maintain height and body alignment in the back straight
- can use tuck/pike/straddle jump
- coach must "safety" with the throw mat

LEVEL 11 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 7



NOTE: 2 Double Mini Tramps are shown for a clearer visual and understanding of the skill. The skill is to be performed on 1 Double Mini Tramp in the numeric order shown.

Straight jump, spotter back straight, barani, controlled safety landing

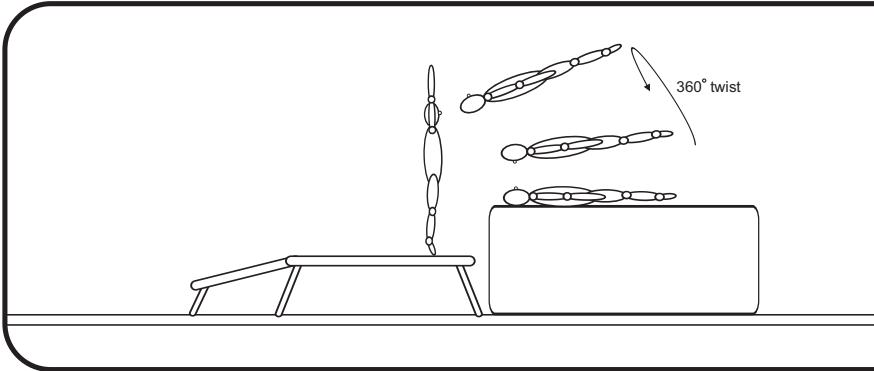
TEACHING NOTES:

- ensure the spotter skill has sufficient rotation to complete the dismount
- participant can do any barani (tuck/pike/straight)

DOUBLE MINI

LEVEL 12 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 1



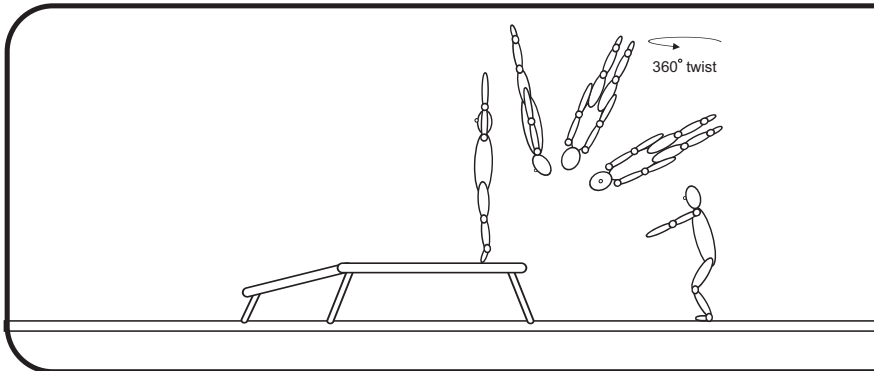
Straight jump, straight jump, front straight 1/1 twist to flat back on porta-pit

TEACHING NOTES:

- ensure participant maintains body alignment
- twist must occur past handstand

LEVEL 12 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 2



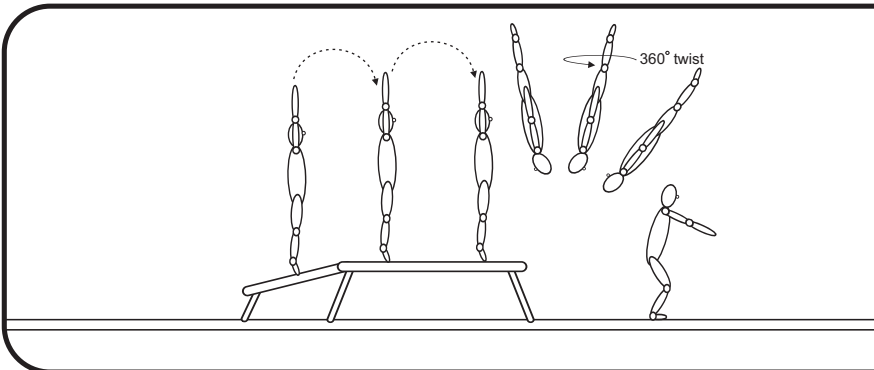
Bouncing back straight 1/1 twist off DMT, controlled safety landing

TEACHING NOTES:

- coach should stand in for landing when participant tries for the first time
- can do off tramp as a progression
- skill should travel backwards slightly
- can do back straight 1/2 twist with extra mats as progression (blind landing)

LEVEL 12 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 3



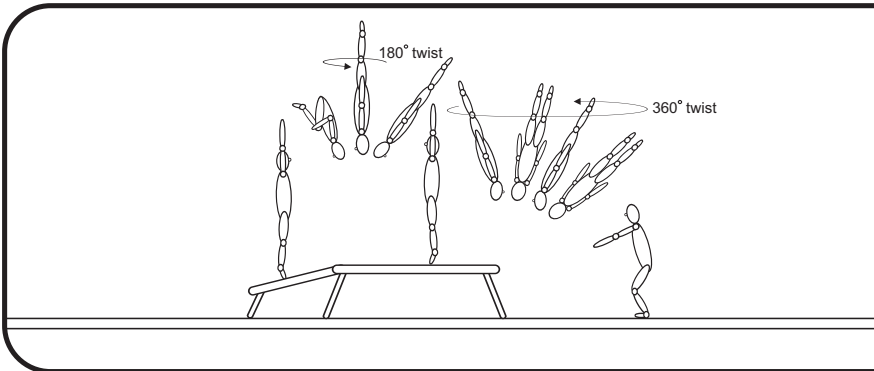
Straight, straight, front 1/1 twist, controlled safety landing

TEACHING NOTES:

- Progression:
- bouncing front 1/1 off DMT

LEVEL 12 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 4



Barani mounter, back straight 1/1 twist, controlled safety landing

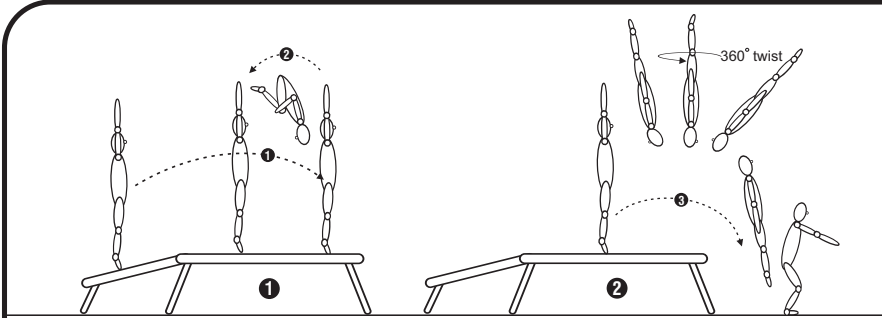
TEACHING NOTES:

- emphasize correct take off and landing position on DMT
- Progression:
- try with a stop or extra bounce first

DOUBLE MINI

LEVEL 12 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 5



Straight, spotter back tuck, front 1/1 twist, controlled safety landing

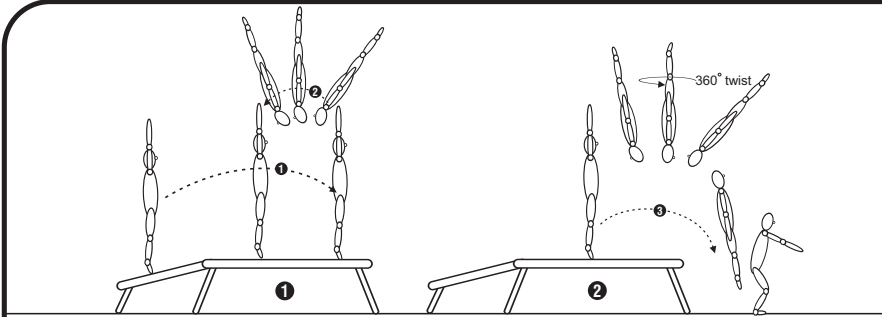
TEACHING NOTES:

- ensure the spotter skill has sufficient rotation to complete the dismount
- participants must be proficient at front 1/1 twist

NOTE: 2 Double Mini Tramps are shown for a clearer visual and understanding of the skill. The skill is to be performed on 1 Double Mini Tramp in the numeric order shown.

LEVEL 12 - L 2 or COMP INTRO - TRAMPOLINE CERTIFIED

SKILL 6



Straight, spotter back straight, front 1/1 twist, controlled safety landing

TEACHING NOTES:

- ensure the spotter skill has sufficient rotation to complete the dismount
- participants must be proficient at front 1/1 twist

NOTE: 2 Double Mini Tramps are shown for a clearer visual and understanding of the skill. The skill is to be performed on 1 Double Mini Tramp in the numeric order shown.



PHYSICAL PREPARATION



PHYSICAL PREP

LEVELS 1 & 2 - GF ARTISTIC TRAINED

SKILL 1

<p>Wall</p>	<p>Wall sit (timed)</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - legs bent at 90° - heels below knees - back flat against wall - no hands on legs
	<ul style="list-style-type: none"> - fill in time on progress report

LEVELS 1 & 2 - GF ARTISTIC TRAINED

SKILL 2

	<p>Hollow/in curve position (timed)</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - on back, knees bent at 90°, feet on floor - head and shoulders lift using abdominal muscles - no grabbing of legs
	<ul style="list-style-type: none"> - fill in time on progress report

LEVELS 1 & 2 - GF ARTISTIC TRAINED

SKILL 3

	<p>Arch/out curve position (timed)</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - lying on stomach, arms at side, with straight legs - participants lift head, chest and legs off ground simultaneously
	<ul style="list-style-type: none"> - fill in time on progress report

LEVELS 1 & 2 - GF ARTISTIC TRAINED

SKILL 4

<p>hands on bar</p>	<p>Pull up hang (timed)</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - hands facing forward on the bar - chin must be held above the bar
	<ul style="list-style-type: none"> - fill in time on progress report

PHYSICAL PREP

LEVELS 1 & 2 - GF ARTISTIC TRAINED

SKILL 5

	Hang on rope (timed)
	<i>TEACHING NOTES:</i>
	<ul style="list-style-type: none"> - participants can use legs - arms must remain bent with chin at hands
- fill in time on progress report	

LEVELS 1 & 2 - GF ARTISTIC TRAINED

SKILL 6

<p>hands on bar</p>	Tuck hang (timed)
	<i>TEACHING NOTES:</i>
	<ul style="list-style-type: none"> - legs need to be lifted minimum 90° with knees bent at 90° - thighs cannot fall below parallel to the floor
- fill in time on progress report	

LEVELS 1 & 2 - GF ARTISTIC TRAINED

SKILL 7

	10 metre run (timed)
	<i>TEACHING NOTES:</i>
	<ul style="list-style-type: none"> - participant must run 10 metres as quickly as possible - teach proper running technique
- fill in time on progress report	

PHYSICAL PREP

LEVELS 3 & 4 - GF ARTISTIC TRAINED

SKILL 1

	<p>Wall sit timed (greater than 30 sec)</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - legs bent at 90° - heels below knees - back flat against wall - no hands on legs - fill in time on progress report
	<ul style="list-style-type: none"> - highlight less than or greater than on the progress report

LEVELS 3 & 4 - GF ARTISTIC TRAINED

SKILL 2

	<p>Hollow/incurve position timed (15 sec or more)</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - ensure back stays flat against the floor before asking to extend and lift legs - glutes and abs contracted - head/ shoulders lifted off floor
	<ul style="list-style-type: none"> - highlight less than or greater than on the progress report

LEVELS 3 & 4 - GF ARTISTIC TRAINED

SKILL 3

	<p>Arch/out curve position timed (30 sec or more)</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - lying on stomach, arms by side, with straight legs - participants lift head, chest and legs off ground simultaneously and hold
	<ul style="list-style-type: none"> - highlight less than or greater than on the progress report

LEVELS 3 & 4 - GF ARTISTIC TRAINED

SKILL 4

<p>hands on bar</p>	<p>Pull up hang timed (10 sec or greater)</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - hands facing forward on bar - chin must be held above the bar
	<ul style="list-style-type: none"> - highlight less than or greater than on the progress report

PHYSICAL PREP

LEVELS 3 & 4 - GF ARTISTIC TRAINED

SKILL 5

	Rope climb
	<i>TEACHING NOTES:</i>
	<ul style="list-style-type: none"> - use minimum 8 " mat - encourage participant to use feet and alternate hands - participants must climb down
<ul style="list-style-type: none"> - highlight/circle 1m/2m/3m/4m on the progress report 	

LEVELS 3 & 4 - GF ARTISTIC TRAINED

SKILL 6

	Candle/in curve position (goal - hold with no arms)
	<i>TEACHING NOTES:</i>
	<ul style="list-style-type: none"> - lie on back with legs in air - lift hips off the floor - try to extend hips
<ul style="list-style-type: none"> - highlight/circle with or without support on progress report 	

LEVELS 3 & 4 - GF ARTISTIC TRAINED

SKILL 7

<p>hands on bar</p>	Tuck hang timed (10 sec or more)
	<i>TEACHING NOTES:</i>
	<ul style="list-style-type: none"> - legs need to be lifted 90° with knees bent 90° - thighs cannot fall below 90°
<ul style="list-style-type: none"> - highlight/circle less than or more than 10 sec. on progress report 	

LEVELS 3 & 4 - GF ARTISTIC TRAINED

SKILL 8

<p>ensure hands are flat</p>	Push ups on knees (goal of 5)
	<i>TEACHING NOTES:</i>
	<ul style="list-style-type: none"> - low ensure participants have tight core - entire body must be lowered simultaneously - chin and chest should almost touch the floor
<ul style="list-style-type: none"> - highlight/circle less than or more than 5 on progress report 	



PHYSICAL PREP

LEVELS 3 & 4 - GF ARTISTIC TRAINED

SKILL 9

	1 foot hop 10 metres, timed (goal 4 sec on each leg)
	<i>TEACHING NOTES:</i> - be sure to time each foot.
	- highlight/circle more or less than 4 sec on the progress report

PHYSICAL PREP

LEVELS 5-8 - GF ARTISTIC & COMP INTRO TRAINED

SKILL 1

	<p>Rope climb with feet (goal is to reach top)</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - climb alternating hands - participants pinch rope with feet - use a safety mat under the rope - ensure participants do not slide down
	<ul style="list-style-type: none"> - highlight/circle height on the progress report

LEVELS 5-8 - GF ARTISTIC & COMP INTRO TRAINED

SKILL 2

	<p>Push ups on feet (goal is 5 or more)</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - ensure tight body position - chest and hips must be lowered to the floor as one unit - chin and chest must be close to floor at mid point
	<ul style="list-style-type: none"> - highlight/circle less than/ 5 or more on the progress report

LEVELS 5-8 - GF ARTISTIC & COMP INTRO TRAINED

SKILL 3

	<p>Assisted pull ups (goal 10 +)</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - can be done with feet supported/ spotted - ensure chin is pulled above the bar - ensure participant lowers themselves to start position; not just drops
	<ul style="list-style-type: none"> - highlight / circle less than or more than 10 on the progress report

LEVELS 5-8 - GGF ARTISTIC & COMP INTRO TRAINED

SKILL 4

<p style="font-size: small;">ensure hands are flat</p>	<p>Assisted tricep dips (goal is 10)</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - can be done with feet supported/ spotted - ensure participant has box high enough
	<ul style="list-style-type: none"> - highlight/circle # on the progress report

PHYSICAL PREP

LEVELS 5-8 - GF ARTISTIC & COMP INTRO TRAINED

SKILL 5

	<p>Long body hold/inch worm timed (goal of 15+ sec.)</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - abdominal muscles must be contracted - hands must be extended past shoulders - encourage participants to get as low to ground as possible
	<ul style="list-style-type: none"> - highlight/circle time on the progress report

LEVELS 5-8 - GF ARTISTIC & COMP INTRO TRAINED

SKILL 6

	<p>Hollow body/incurve hold timed (goal 15+ sec)</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - ensure back stays flat against the floor before asking to extend and lift legs - glutes and abs contracted - head/ shoulders lifted off floor
	<ul style="list-style-type: none"> - highlight/circle time on the progress report

LEVELS 5-8 - GF ARTISTIC & COMP INTRO TRAINED

SKILL 7

	<p>Arch body/out curve hold timed (goal 45 sec.)</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - lying on stomach, arms by side, with straight legs - participants lift head, chest and legs off ground simultaneously * and hold
	<ul style="list-style-type: none"> - highlight/circle time on the progress report

LEVELS 5-8 - GF ARTISTIC & COMP INTRO TRAINED

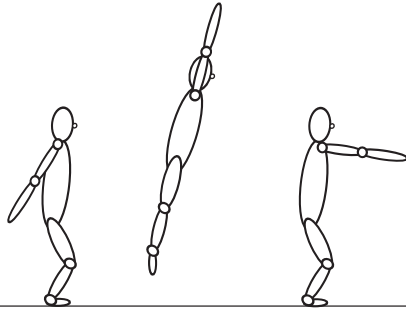
SKILL 8

	<p>Tuck ups (goal of 10+)</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - encourage participants to get legs as high as possible - thighs must get above horizontal - knees should get to chest
	<ul style="list-style-type: none"> - highlight/circle # of times on the progress report

PHYSICAL PREP

LEVELS 5-8 - GF ARTISTIC & COMP INTRO TRAINED

SKILL 9



Long jumps in a row

TEACHING NOTES:

- ensure participants are leaping forward as far as they can
- knees should be at 90° at the lowest point.

- highlight/circle number on the progress report

PHYSICAL PREP

LEVELS 9-12 - GF ARTISTIC & COMP INTRO TRAINED

SKILL 1

	5 box jumps in a row at hip height or higher
	<i>TEACHING NOTES:</i>
	- highlight/circle height on the progress report

LEVELS 9-12 - GF ARTISTIC & COMP INTRO TRAINED

SKILL 2

	Rope climb (goal no feet)
	<i>TEACHING NOTES:</i>
	- encourage participant to climb with no feet. - start by using legs to pinch rope
	- highlight/circle height on the progress report

LEVELS 9-12 - GF ARTISTIC & COMP INTRO TRAINED

SKILL 3

	Pull ups with no assistants (goal 5+)
	<i>TEACHING NOTES:</i>
	- ensure hands are pointing forward - encourage participant to pull up without any leg or body movement - ensure chin is lifted above the bar
	- highlight/circle number on the progress report

LEVELS 9-12 - GF ARTISTIC & COMP INTRO TRAINED

SKILL 4

	Pike ups (goal 10+)
	<i>TEACHING NOTES:</i>
	- legs should be straight and stay together - encourage participant to lift legs so toes touch the bar - legs must get above horizontal
	- highlight/circle number on the progress report

PHYSICAL PREP

LEVELS 9-12 - GF ARTISTIC & COMP INTRO TRAINED

SKILL 5

	<p>Tricep dips with no assistance (goal 5+)</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - participants should lower their body so there is a 90 bend in the arms - should be completed with no leg movement <p>- highlight/circle number on the progress report</p>
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LEVELS 9-12 - GF ARTISTIC & COMP INTRO TRAINED

SKILL 6

	<p>Hollow body hold off box (goal of 30 sec)</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - hold participants legs - hips should be on box <p>- highlight/circle time on the progress report</p>
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LEVELS 9-12 -GF ARTISTIC & COMP INTRO TRAINED

SKILL 7

	<p>Arch body hold off box (goal 30 sec)</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - hold participants legs - hips should be on box <p>- highlight/circle time on the progress report</p>
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LEVELS 9-12 - GF ARTISTIC & COMP INTRO TRAINED

SKILL 8

	<p>Side body hold off box (goal of 15 sec)</p> <p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - hold participants legs - hip should be on the box - must do both sides <p>- highlight/circle time on the progress report</p>
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PHYSICAL PREP

LEVELS 9-12 - GF ARTISTIC & COMP INTRO TRAINED

SKILL 9

	<p>Handstand walking</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - ensure tight handstand position - participants should take small steps
	<ul style="list-style-type: none"> - highlight distance on progress report

LEVELS 9-12 - GF ARTISTIC & COMP INTRO TRAINED

SKILL 10

	<p>Push ups (goal 10+)</p>
	<p><i>TEACHING NOTES:</i></p> <ul style="list-style-type: none"> - ensure tight body position - chest and hips must be lowered to the floor as a single unit - chin and chest must be close to the floor at mid point
	<ul style="list-style-type: none"> - highlight/circle number on the progress report