

LEVEL 1

Soldier Bounce

- Arms at side, Straight legs, Good posture
- Land flat footed then push off trampoline by pointing toes, stay on X
- Look forward at end of trampoline
- Feet should match in air

Stop Bounce

Soldier 180

- arms at side, spot forward on take off
- feet should be parallel and point forward on take off
- Match feet in the air

Pendulum Bounce (if Arm timing is an Issue)

- alternate arm position forward then back on every other bounce
- arms move symmetrically as athlete strikes the bed

Arm Sing Bounce

- straight arms swing up in front and should reach toward ceiling as the althea rises toward apex
- at apex arms being to drip symmetrically to the side
- a small circle should be used for momentum as arms swing through the bottom

Swan Jump

- stretch body long with extra arm reach vertically
- spot end of trampoline
- keep body straight

Tuck Jump

- swan up to apex then tuck
- Knees together and feet matched

Pike

- Knees straight
- Bend at waist

Straddle Jump

- Piked spread or Kosak

T-Set Bounce

- arms straight out to the sides
- cross position
- use T-Set take for all tricks

T-Set 180

- Spot forward on takeoff
- feet should be parallell and toes pointed forward on take off

- match feet in the air

T-Set 360

Arm Swing 180

- square arms swing
- gets arms all the way up before spin

Seat Drop

- swan jump take off w/ Slight lean back
- sit position happens just after a pax
- arms drop to the side on the T-set
- hands plant on trampoline and assist in returning to your feet
- un pike and land with arms over head

Seat Drop 180 to feet

- use unlike motion to assist with 180 twist
- twist as body straightens out
- arms swing 180 back to feet
- finish with arms overhead like an arm swing 180

LEVEL 2 (establish natural spin direction)

T-Set 360

T-Set 540

Wrapped 720

- set same spin power as T-set 360
- T set until 180 then drop arms to sides

Routine

- Tuck
- Pike
- Straddle
- Tuck
- Pike
- Straddle

Bounce on Hands and Knees

- keep back parallel to the trampoline

Hands and Knee Drop

- make sure back is parallel to the trampoline

Front Drop

- with a pad from a low bounce

Swan to Hands and Knees

- try to stay straight until body is vertical

180 to Seat Drop

- slight lean forward on take off
- swan into twist
- don't pike until spin is finished

Seat Drop to Hands and Knee Drop

- try to stay straight until body is vertical

Swivel Hips

- twist should happen as body is vertical
- arms up for twist
- stay on the line

Start to determine natural spin direction

LEVEL 3

Arms up Bounce

Keep arms above head for 10 bounces
straight arms should squeeze ears

Arm Set Bounce

- bounce low starting with arms up
- arms up when in contact with trampoline
- arms drop in front as athlete leaves the trampoline
- hands stay at the same altitude as body lifts off trampoline
- hands and arms will be at eye level at apex then body drops below arms on descent to land with arms over head
- don't force arms, relax shoulders and let gravity do the work

Truck Front Drop

Seat Drop

Seat Drop to Front Drop

- tuck in between tricks
- stay on line

Back Drop

- from standing to pad
- keep eyes forward

Routine

- Tuck jump
- Seat Drop Return to Feet
- 180 Straddle Swan
- Stop Bounce

LEVEL 4

Sitting Grabs

- Balance on tail bone with feet in the air
- practice all basic grabbing positions

Iron Cross

- Keep feet and knees together
- cross leading spin direction foot over the top

Basic Grabs

Safety: Brings both legs up, grab the same side foot on the outside of the foot, keep legs up and feet parallel

Japan: Reach behind leg to grab outside edge of opposite foot

Mute: iron cross grab

T-set 360 Iron Cross

- Cross lead foot on top
- Cross at 180

T-Set 360 with Basic Grabs

- T-set to 180
- Bring feet up at 180 or later to grab

T-Set 540 with Basic Grabs

- T-Set to 270
- Bring feet up at 270 or later to grab

Unnatural Spins

- 180
- 270
- 360
- 540
- 720

Unnatural Spins with Basic Grabs

- opposite grab hand from natural spin direction

LEVEL 5

Back Flip Tuck-Ups

- this exercise is done laying down on the floors
- lay on floor with tight body position with arms up
- tuck knees into chest, lifting only the lower body

Front Flip Sit-Ups

- this exercise is done laying down on the floor
- lay on floor with tight body position with arms up

- reach arms in an arc toward ceiling then forward as sit-up happens
- legs bend and feet drag on floor as feet pull in towards body
- grab shins just below knees and finish in a sitting up “cannon ball” position

Tuck Front Drop

- Seat Drop
- Swan Take off
- don't look up

seat drop to front drop

- tuck back drops
- seat drop take off
- tuck at apex
- land piked
- spot forwards the whole time
- don't look up

Cough Drop

- Arm swing take off
- keep body straight
- land on back with legs in contact with pad
- whole body hits at the same time
- look forward

Routine

- pike jump
- front drop return to feet
- swivel hips
- 180
- tuck jump
- 360

LEVEL 6

T-set 360

360 X

360 with Basic Grabs

T-Set 540

540 X

540 with Basic Grabs

Grab at 270

stay on axis

Spot at 360 then 180 down

Unnatural 360

Unnatural 540

Unnatural 720

Tuck Front Drop**Pike Front Drop****Cat Twist**

late 180 to cough Drop

start like pike front drop, Pike square facing the pad

use kick out for twist

Seat Drop**Swivel Hips****Seat Drop, to Pike Front Drop****Seat Drop 180 to Back Drop****LEVEL 7****Arm Set Bounce**

Start with arms up

Drop arms in front all the way down at apex

smoothly lift the arms back to overhead position for landing

repeat this to develop rhythm

Arm Swing Bounce to Arm Set

start with arms swing bounce

drop arms at apex

smoothly lift arms in front to overhead position for landing

Pike Front Drop (using arm set Bounce)**Lay out front drop (using arm set Bounce)****Forward Roll**

No bounce

roll straight over on line

two footed take off

Dive Roll

No Bounce

3/4 Front Flip

Low bounce

Pike position

Front Tuck

Start with arms up

look at knees in tuck

when front wall is seen over the top of the knees, break out and get ready to land

LEVEL 8**Seat Drop****Seat Drop 180 to feet**

Tuck Back Drop

Tuck Back Drop, 180 to feet

cough drop

Tip over Half Airplane with Pad

- start with arms up
- fall back
- look forward at the beginning stay on the line
- twist 180 when halfway to pad
- try to be on line

Half Airplane with Pad

- small bounce or from Standing
- look forward at the beginning stay on line

Pike Back Drop

- pike at apex
- kick out then land piked

Layout Back drop

- stay straight in the air then land piked

Back Tuck in Belt

- take off like layout back drop
- tuck at apex

LEVEL 9

Arm Swing Bounce to arm set swan jump

seat drop with arm set

Tuck Back Drop With Arm Set

Tuck Back Drop 180 to Feet with Arm Set

Tuck Front Drop with Arm Set

Front Tuck with Arm Set

Front Tuck with Kick Out

- straighten body at 3/4 flip
- kick out with hips straight and arms at side of body
- look down body
- finish flip in layout position

Front tuck Punch 180

- land the flip then do an upright 180 on next bounce

Tuck Barani

- tuck tight and flip square in tuck
- kick out at 3/4 flip
- twist 180 when straight
- keep arms low in twist

Misty Roll

- Lean forward
- land with back on the short horizontal line
- bounce up to feet facing backwards

Misty Flip

Misty with Basic Grabs

LEVEL 10

Seat Drop with Arm Set

Tuck Back Drop with Arm Set

Pike Back Drop with Arm Set

Cough Drop with Arm Set

Half Airplane

Layout Back Drop with Arm Set

Back Tuck with Arm Set

Back Tuck with Kick Out(with arm set)

Back Pike

- use arm set take off
- watch feet come up for pike

Back Layout

- Use arm set take off
- look forward until feet are seen then drop arms to side and straighten head

Routine

- tuck back drop to feet
- half airplane to feet
- tuck jump
- swivel hips
- 180 to feet
- front drop to feet
- pike jump
- front tuck

LEVEL 11

T-set 360

360 with Grabs

T-Set 540

540 with Grabs

Wrapped 720

T-Set 720

900

Wrapped 1080

- Only if warm up spins were on perfect axis

Unnatural Spins

T-Set Cough Drop

T-Set half airplane

Full Airplane

Cork Roll

Half airplane into misty Roll
straight body on half airplane
finish half airplane at apex on line
then misty roll landing in back drop on the short sideways line
bounce back to feet

Cork 720

LEVEL 12

Tuck Back Drop

Tuck Back Drop to Front Drop

Craddle

back drop 180 to back drop

Layout front drop

Crash Dive

3/4 front in layout position
land on back in pike position

Front Tuck

tuck barani with late kick out

Tuck Barani With upside down Kick Out

- still have head tucked in looking at knees in tuck position
- don't kick out before upside down
- check twist direction

Front Pike

Pike Barnai

Front Layout

- keep head straight
- use heel drive to set flip

Layout Barani

- Twist late at first
- check twist direction

LEVEL 13

back Tuck with Kick out

Back pike with Kickout

3/4 back Layout (to hands and knees with pad)

3/4 back layout (to stomach drop with pad)

- only for athletes with competent back tuck, pike and layout

Back Layout

- look forward until toes are seen at flat back
- fall straight over on line
- two footed take off

Tset cough Drop

test half airplane

cork roll

cork 720

misty Roll

Monkey Roll

- misty roll but after you land on your back do another misty roll to your back again with out touching your feet in between
- this is a tucked 360 on the horizontal axis of the sideways short line of the trampoline
- safety grab position works well

Misty 540 with Basic Grabs

Misty 720

Unnatural misty roll