

TRAMPOLINE GROUP:  
 B = BASIC A = ADVANCED M = MASTER

Lesson 1 Skills

B A M B A M B A M B A M B A M B A M

**SOLDIER BOUNCE:**

- Arms at side, straight legs, good posture
- land flat foot then push on tramp by pointing toes, Stay on X
- look forward at end of tramp
- 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 swing timing is an issue):**

- Alt. arm position forward then back on every other bounce
- Arms move symmetrically as athlete strikes the bed

**Arm Swing Bounce:**

- Straight arms swing up in front and should reach toward ceiling as the athlete rises toward apex
- At apex, arms begin to drop 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, feet matched

**PIKE JUMP:**

- knees Straight
- Bend at waist

**STRADDLE JUMP:**

- Piked Spread, Kosak

**T-SET BOUNCE:**

- Arms straight out to the sides, cross position
- Use T-set take-off for freestyle tricks

**T-SET 180:**

- Spot forward on take off
- Feet should be parallel and point forward on take off
- Match feet in the air

**T-SET 360**

**ARM SWING 180:**

- Square arm swing
- Get arms all the way up before spin

**SEAT DROP:**

- Swan Jump take-off w/ slight lean back
- Sit position happens after apex
- Arms drop to the side on the T-set
- Hands plant on tramp & assist the bounce back up to the feet
- Unpike and land with arms over head

**SEAT DROP, 180 TO FEET:**

- Use the un-pike motion to assist the twist
- Twist as the body straightens out
- Arm swing 180 back to feet
- Finish with arms over head like an arm swing 180









**RAMPOLINE GROUP:**

B = BASIC , A = ADVANCED M = MASTER

| <b>Lesson 8 Skills</b>  | B A M | B A M | B A M | B A M | B A M | B A M |
|---|-------|-------|-------|-------|-------|-------|
| <b>R: SEAT DROP</b>   |       |       |       |       |       |       |
| <b>R: SEAT DROP, 180 TO FEET</b>  |       |       |       |       |       |       |
| <b>R: TUCK BACK DROP</b>  |       |       |       |       |       |       |
| <b>TUCK BACK DROP, 180 TO FEET</b>  |       |       |       |       |       |       |
| <b>R: COUGH DROP</b>  |       |       |       |       |       |       |
| <b>TIP OVER HALF AIRPLANE WITH PAD:</b><br>- Start with arms up<br>- Fall back<br>- Look forward at the beginning, be on the line<br>- Twist 180 when halfway to pad<br>- Try to be on line |       |       |       |       |       |       |
| <b>HALF AIRPLANE WITH PAD:</b><br>- Small bounce or from standing<br>- Look forward at the beginning, be on the line  |       |       |       |       |       |       |
| <b>PIKE BACK DROP:</b><br>- Pike at apex<br>- Kick out then land piked  |       |       |       |       |       |       |
| <b>LAYOUT BACK DROP:</b><br>- Stay straight in the air then land piked  |       |       |       |       |       |       |
| <b>BACK TUCK IN BELT:</b><br>- Take off like layout back drop<br>- Tuck at apex   |       |       |       |       |       |       |
|   |       |       |       |       |       |       |
| <b>Lesson 9 Skills</b>  | B A M | B A M | B A M | B A M | B A M | B A M |
| <b>R: ARM SWING BOUNCE, TO ARM SET SWAN JUMP</b>  |       |       |       |       |       |       |
| <b>SEAT DROP WITH ARM SET</b>   |       |       |       |       |       |       |
| <b>TUCK BACK DROP WITH ARM SET</b>  |       |       |       |       |       |       |
| <b>TUCK BACK DROP, 180 TO FEET WITH ARM SET</b>   |       |       |       |       |       |       |
| <b>TUCK FRONT DROP WITH ARM SET</b>   |       |       |       |       |       |       |
| <b>FRONT TUCK WITH ARM SET</b>  |       |       |       |       |       |       |
| <b>FRONT TUCK WITH KICK-OUT:</b><br>- Straighten body at 3/4 flip<br>- Kick out with hips straight and arms at side of body<br>- Look down body<br>- Finish flip in a lay-out position      |       |       |       |       |       |       |
| <b>FRONT TUCK PUNCH 180:</b><br>- Land the flip then do an upright 180 on the next bounce   |       |       |       |       |       |       |
| <b>TUCK BARANI:</b><br>- Tuck tight and flip square in tuck<br>- Kick out at 3/4 flip<br>- Twist 180 when straight<br>- Keep arms low in twist  |       |       |       |       |       |       |
| <b>MISTY ROLL:</b><br>- Lean forward<br>- Land with back on the short horizontal line<br>- Bounce up to feet facing backwards   |       |       |       |       |       |       |
| <b>MISTY FLIP</b>   |       |       |       |       |       |       |
| <b>MISTY SAFETY GRAB</b>  |       |       |       |       |       |       |



**TRAMPOLINE GROUP:**

B = BASIC A = ADVANCED M = MASTER

| <b>Lesson 12 Skills</b>  | B A M | B A M | B A M | B A M | B A M | B A M |
|--|-------|-------|-------|-------|-------|-------|
| <b>R: TUCK BACK DROP</b>   |       |       |       |       |       |       |
| <b>TUCK BACK DROP TO FRONT DROP</b>  |       |       |       |       |       |       |
| <b>CRADLE:</b>   |       |       |       |       |       |       |
| - Back Drop 180, to Back Drop  |       |       |       |       |       |       |
| <b>LAYOUT FRONT DROP</b>   |       |       |       |       |       |       |
| <b>CRASH DIVE:</b>   |       |       |       |       |       |       |
| - 3/4 front in layout position   |       |       |       |       |       |       |
| - Land on back in pike position  |       |       |       |       |       |       |
| <b>R: FRONT TUCK</b>   |       |       |       |       |       |       |
| <b>R: TUCK BARANI WITH LATE KICK OUT</b>   |       |       |       |       |       |       |
| <b>TUCK BARANI WITH UPSIDE DOWN KICK OUT:</b>  |       |       |       |       |       |       |
| - Still have head tucked in looking at knees in tuck position  |       |       |       |       |       |       |
| - Don't kick out before upside down  |       |       |       |       |       |       |
| - Check twist direction  |       |       |       |       |       |       |
| <b>FRONT PIKE</b>  |       |       |       |       |       |       |
| <b>PIKE BARANI</b>   |       |       |       |       |       |       |
| <b>FRONT LAYOUT:</b>   |       |       |       |       |       |       |
| - Keep head straight   |       |       |       |       |       |       |
| - Use heel drive to set flip   |       |       |       |       |       |       |
| <b>LAYOUT BARANI:</b>  |       |       |       |       |       |       |
| - Twist late at first  |       |       |       |       |       |       |
| - Check twist direction  |       |       |       |       |       |       |
|  |       |       |       |       |       |       |
| <b>Lesson 13 Skills</b>  | B A M | B A M | B A M | B A M | B A M | B A M |
| <b>R: BACK TUCK WITH KICKOUT</b>   |       |       |       |       |       |       |
| <b>BACK PIKE WITH KICKOUT</b>  |       |       |       |       |       |       |
| <b>3/4 BACK LAYOUT (TO HANDS AND KNEES W/ PAD)</b>   |       |       |       |       |       |       |
| <b>3/4 BACK LAYOUT (TO STOMACH DROP W/ PAD)</b>  |       |       |       |       |       |       |
| - Only for athletes with competent back tuck, pike and layout  |       |       |       |       |       |       |
| <b>BACK LAYOUT:</b>  |       |       |       |       |       |       |
| - Look forward until toes are seen at flat back  |       |       |       |       |       |       |
| - Roll straight over on line   |       |       |       |       |       |       |
| - Two footed take off  |       |       |       |       |       |       |
| <b>R: T-SET COUGH DROP</b>   |       |       |       |       |       |       |
| <b>R: T-SET HALF AIRPLANE</b>  |       |       |       |       |       |       |
| <b>R: CORK ROLL</b>  |       |       |       |       |       |       |
| <b>R: CORK 720</b>   |       |       |       |       |       |       |
| <b>R: MISTY ROLL</b>   |       |       |       |       |       |       |
| <b>MONKEY ROLL:</b>  |       |       |       |       |       |       |
| - Misty roll, but after you land on your back do another misty roll to your back again without touching your feet in between |       |       |       |       |       |       |
| - This is a tucked up 360 on the horizontal axis of the sideways short line of the trampoline                                |       |       |       |       |       |       |
| - Safety grab position works well  |       |       |       |       |       |       |
| <b>MISTY 540 WITH DIFFERENT GRABS</b>  |       |       |       |       |       |       |
| <b>MISTY 720</b>   |       |       |       |       |       |       |
| <b>NATURAL MISTY ROLL</b>  |       |       |       |       |       |       |



**TRAMPOLINE GROUP:**

B = BASIC A = ADVANCED M = MASTER

| <b>Lesson 14 Skills</b>  | B A M | B A M | B A M | B A M | B A M | B A M |
|--|-------|-------|-------|-------|-------|-------|
| <b>3/4 FRONT, BOUNCE UP TO FEET (W/ GOOD FORM)</b>   |       |       |       |       |       |       |
| <b>3/4 FRONT, 180 TO FEET</b>  |       |       |       |       |       |       |
| <b>3/4 FRONT, TO STOMACH:</b><br>- Tuck then pike  |       |       |       |       |       |       |
| <b>3/4 FRONT, TO PORPOISE</b>  |       |       |       |       |       |       |
| <b>3/4 FRONT, TO FRONT BALL OUT</b><br>- Front flip off back to feet   |       |       |       |       |       |       |
| <b>R: FRONT TUCK</b>   |       |       |       |       |       |       |
| <b>R: FRONT PIKE</b>   |       |       |       |       |       |       |
| <b>R: PIKE BARANI</b>  |       |       |       |       |       |       |
| <b>R: FRONT LAYOUT</b>   |       |       |       |       |       |       |
| <b>R: BARANI</b>   |       |       |       |       |       |       |
| <b>BARANI, 180:</b><br>- Land barani then next bounce do an upright 180<br>- Make sure twist direction stays consistent  |       |       |       |       |       |       |
| <b>FRONT FULL</b>  |       |       |       |       |       |       |
|  |       |       |       |       |       |       |
| <b>Lesson 15 Skills</b>  | B A M | B A M | B A M | B A M | B A M | B A M |
| <b>R: LAYOUT BACK DROP</b>   |       |       |       |       |       |       |
| <b>LAYOUT BACK DROP, TO BACK PULL OVER</b>   |       |       |       |       |       |       |
| <b>R: BACK TUCK</b>  |       |       |       |       |       |       |
| <b>R: BACK PIKE</b>  |       |       |       |       |       |       |
| <b>3/4 BACK LAYOUT WITH PAD:</b><br>- No buckle<br>- Arms start above head<br>- Eyes spot forward until flat back<br>- At flat back, arms move to "T" position<br>- Eyes spot landing from upside down<br>- Land perfectly flat on stomach |       |       |       |       |       |       |
| <b>3/4 BACK LAYOUT WITHOUT PAD</b>   |       |       |       |       |       |       |
| <b>3/4 BACK HALF WITH PAD:</b><br>- Spot landing first then do a late 180 to back drop   |       |       |       |       |       |       |
| <b>R: BACK LAY-OUT</b>   |       |       |       |       |       |       |
| <b>R: CORK ROLL</b>  |       |       |       |       |       |       |
| <b>R: CORK 720 WITH DIFFERENT GRABS</b>  |       |       |       |       |       |       |
| <b>CORK 900</b>  |       |       |       |       |       |       |
| <b>LINCOLN LOOP:</b><br>- Flip toward opposite spin shoulder<br>- Left spinners flip right, Right spinners flip left<br>- Flip in tuck position  |       |       |       |       |       |       |
| <b>R: BACK TUCK</b>  |       |       |       |       |       |       |
| <b>FLAT 360 WITH JAPAN OR SAFETY GRAB</b>  |       |       |       |       |       |       |



| TRAMPOLINE GROUP:                             |   |   |   |   |   |   |
|---|---|---|---|---|---|---|
| B = BASIC A = ADVANCED M = MASTER             |   |   |   |   |   |   |
| Lesson 18 Skills                              | B | A | M | B | A | M |
| R: UPRIGHT SPINS                              |   |   |   |   |   |   |
| R: 1/4 FRONT, TO STOMACH                      |   |   |   |   |   |   |
| R: 5/4 FRONT, TO MULTIPLE PORPOISES (GOAL: 5) |   |   |   |   |   |   |
| R: 3/4 FRONT, TO FRONT BALL OUT               |   |   |   |   |   |   |
| R: 3/4 FRONT, TO BARANI BALL OUT              |   |   |   |   |   |   |
| R: FRONT TUCK                                 |   |   |   |   |   |   |
| FRONT TUCKS (UP TO 5 IN A ROW)                |   |   |   |   |   |   |
| 1 1/4 FRONT TUCK WITH A PAD                   |   |   |   |   |   |   |
| - Don't flip faster than a normal front tuck  |   |   |   |   |   |   |
| - Land in stomach drop                        |   |   |   |   |   |   |
| R: FRONT LAYOUT                               |   |   |   |   |   |   |
| R: BARANI                                     |   |   |   |   |   |   |
| R: FRONT FULL                                 |   |   |   |   |   |   |
| RUDI  |   |   |   |   |   |   |
| - 1 1/2 twisting front flip                   |   |   |   |   |   |   |
| R: MONKEY ROLL                                |   |   |   |   |   |   |
| - Spot forward before misty roll              |   |   |   |   |   |   |
| R: MISTY 540 WITH SAFETY GRAB                 |   |   |   |   |   |   |
| - Spot forward before misty                   |   |   |   |   |   |   |
| DOUBLE MISTY ROLL WARM UP:                    |   |   |   |   |   |   |
| - Spot forward before misty                   |   |   |   |   |   |   |
| - Then spot trampoline before landing on back |   |   |   |   |   |   |
| DOUBLE MISTY FLIP SAFETY GRAB WITH PAD        |   |   |   |   |   |   |
| R: UNNATURAL MISTY ROLL                       |   |   |   |   |   |   |
| R: UNNATURAL MISTY 540                        |   |   |   |   |   |   |
|   |   |   |   |   |   |   |
| Lesson 19 Skills                              | B | A | M | B | A | M |
| R: BACK TUCK                                  |   |   |   |   |   |   |
| R: BACK PIKE                                  |   |   |   |   |   |   |
| R: 3/4 BACK LAYOUT                            |   |   |   |   |   |   |
| R: 3/4 BACK HALF                              |   |   |   |   |   |   |
| R: BACK LAYOUT                                |   |   |   |   |   |   |
| R: BACK HALF                                  |   |   |   |   |   |   |
| BACK FULL WITH SPOTTING BELT OR PAD           |   |   |   |   |   |   |
| CORK ROLL TO MONKEY ROLL                      |   |   |   |   |   |   |
| CORK 720                                      |   |   |   |   |   |   |
| DOUBLE CORK ROLL WARM UP                      |   |   |   |   |   |   |
| R: T-SET COUGH DROP                           |   |   |   |   |   |   |
| UNNATURAL HALF AIRPLANE                       |   |   |   |   |   |   |
| UNNATURAL CORK ROLL                           |   |   |   |   |   |   |
| UNNATURAL CORK 720                            |   |   |   |   |   |   |

**TRAMPOLINE GROUP:**

B = BASIC A = ADVANCED M = MASTER

|   | B | A | M | B | A | M | B | A | M | B | A | M | B | A | M |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| <b>Lesson 20 Skills</b>   | B | A | M | B | A | M | B | A | M | B | A | M | B | A | M |
| <b>R: 3/4 FRONT</b>   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>R: ROUGH DROP</b>  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>R: HALF AIRPLANE</b>   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>R: BACK PIKE</b>   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>R: 3/4 BACK LAYOUT</b>   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>ARABIAN</b><br>- Sobaca, set a 3/4 back but twist before upside down so that the trampoline can be spotted like in a crash dive<br>- Half airplane to crash dive in one bounce |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>R: CORKS</b>   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>R: DOUBLE CORK WARM-UP</b>   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>Lesson 21 Skills</b>   | B | A | M | B | A | M | B | A | M | B | A | M | B | A | M |
| <b>LINCOLN LOOP IN BOTH DIRECTIONS</b>  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>360 NOSE (TOE) GRAB OR SAFETY GRAB</b><br>- Chest down, lower body stays upright   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>CORK 360:</b><br>- Mix 360 nose grab with a loop to the side of the lead spin shoulder   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>CORK 540</b>   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>R: FLAT 360 WITH DIFFERENT GRABS</b>   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>R: RODEO 540 WITH DIFFERENT GRABS</b>  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>DOUBLE FLAT WARM-UP</b>  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>UNNATURAL FLAT 360</b>   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>UNNATURAL RODEO 540</b>  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>Lesson 22 Skills</b>   | B | A | M | B | A | M | B | A | M | B | A | M | B | A | M |
| <b>3/4 FRONT TO FEET (5 TIMES IN A ROW)</b>   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>R: 3/4 FRONT TO STOMACH</b>  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>R: 3/4 FRONT TO MULTIPLE PORPOISES (GOAL: 5)</b>   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>FRONT TUCK TO 3/4 FRONT</b><br>- Front tuck punch 3/4 front  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>R: FRONT TUCK (5 in a row)</b>   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>R: 1 1/4 FRONT TUCK WITH PAD</b>   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>1 3/4 FRONT TUCK WITH PAD</b>  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>R: MISTYS</b>  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>R: DOUBLE MISTY WARM UP</b>  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| <b>R: DOUBLE MISTY SAFETY GRAB</b>  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |

TRAMPOLINE GROUP:

B = BASIC A = ADVANCED M = MASTER

| Lesson 23 Skills            | B A M | B A M | B A M | B A M | B A M | B A M |
|-----------------------------|-------|-------|-------|-------|-------|-------|
| BACK TUCK (5 in a row)      |       |       |       |       |       |       |
| R: BACK PIKE                |       |       |       |       |       |       |
| R: 3/4 BACK LAYOUT          |       |       |       |       |       |       |
| R: 3/4 BACK HALF            |       |       |       |       |       |       |
| R: BACK LAYOUT              |       |       |       |       |       |       |
| R: BACK HALF                |       |       |       |       |       |       |
| R: BACK FULL                |       |       |       |       |       |       |
| 1 1/4 BACK TUCK WITH PAD    |       |       |       |       |       |       |
| DOUBLE BACK TUCK IN BELT    |       |       |       |       |       |       |
|                             |       |       |       |       |       |       |
| Lesson 24 Skills            | B A M | B A M | B A M | B A M | B A M | B A M |
| R: MISTY 540                |       |       |       |       |       |       |
| R: DOUBLE MISTY WARM UP     |       |       |       |       |       |       |
| R: DOUBLE MISTY SAFETY GRAB |       |       |       |       |       |       |
| R: CORK 720                 |       |       |       |       |       |       |
| R: DOUBLE CORK WARM UP      |       |       |       |       |       |       |
| DOUBLE CORK 1080            |       |       |       |       |       |       |
| R: FLAT 360                 |       |       |       |       |       |       |
| R: DOUBLE FLAT WARM UP      |       |       |       |       |       |       |
| DOUBLE FLAT SPIN            |       |       |       |       |       |       |