:					-	.o	· Accession	Tool Co.										
	TRAMPOLIF GROUP:	1						-			*****		T	<u> </u>				- Children
	B = BASIC A = ADVANCED M = MASTER			_				Ĺ					l					
	Lesson 1 Skills	В	Α	M	В	A	M	В	A M	В	Α	M	В	Α	М	В	A I	M
	SOLDIER BOUNCE:	T		***************************************						T	***************************************							-
	- Arms at side, straight legs, good posture]																Į
,	land flat foot then push on tramp by pointing toes, Stay on X	,	•															
1	- look forward at end of tramp - feet should match in air	ľ							-									
į	STOP BOUNCE	<u> </u>							٦									- 1
1	SOLDIER 180:	 _				<u>.</u>			1							``	٠.,	
	Arms at side, spot forward on take off	l																
	Feet should be parallel and point forward on take off				ŧ							- 1						- 1
	- Match feet in the air				,		ļ											
	Pendulum Bounce (if arm swing timing is an issue):	 				·····	\dashv								_			_
	- Alt. arm position forward then back on every other bounce	i		- [,							l						
	- Arms move symmetrically as athlete strikes the bed			- 1			ı		:			- 1			-			
ı	Arm Swing Bounce:	-		$\neg \dagger$	· v	•	\dashv					\dashv			-		·	\dashv
	Sraight arms swing up in front and should reach toward ceiling			-								-			- 1			- [
F	as the athlete rises toward apex			ł	,			1										1
- [At apex, arms begin to drop symmetrically to the side				l				,									
,	A small circle should be used for momentum as arms swing hrough the bottom				į	7	- [_ [
	SWAN JUMP:			_	r													1
- 1		•							į						T			7
1-	Stretch body long with extra arm reach vertically Spot end of trampoline								,									
	Keep body straight	,			,			,	- 1						1			
	UCK JUMP:			\dashv			+					_						
-	Swan up to apex then tuck			٠			1.		.									1
	Knees together, feet matched					r 1	1	¥	- [, -		
1	IKE JUMP:			\top			┪					+			+			-
- 4	nees Straight				•							ſ						
	Bend at waist	-1							.									1
•	TRADDLE JUMP:						十					+			╁			-
	Piked Spread, Kosak					7			' [İ			
	SET BOUNCE:						1	**-				十			+			1
- <i>F</i>	arms straight out to the sides, cross position)						1			ı
	e T-set take-off for freestyle tricks SET 180:	,						مستح							1			
	ot forward on take off										·· · · · · · · · · · · · · · · · · · ·	1			1	**********	· · · · · · · · · · · · · · · · · · ·	1
	et should be parallel and point forard on take off			1					- 1						l			
- N	latch feet in the air					7			-			İ			1			
	SET 360			╂—			1	- F	_			_			1_			
AF	RM SWING 180:			+	- ,-		1		_	·		4_		····	_			
	quare arm swing								- 1			İ						
	et arms all the way up before spin					١,		.1							1			
SE.	AT DROP:			1	-,-	·	 					-			ऻ			
- Sv	van Jump take-off w/ slight lean back								3									
- Sit	position happens after apex																	
Arm	ns drop to the side on the T-set								1									
Han	ds plant on tramp & assist the bounce back up to the feet					į	1		1			1			1			
ullh	ike and land with arms over head			<u> </u>								l			[
o i. ⊬	AT DROP, 180 TO FEET:			1			(7		-			***************************************					
· Tw	e the un-pike motion to assist the twist star the body straightens out			1				Ž										
Arn	n swing 180 back to feet				`)							1		ı	
	ish with arms over head like an arm swing 180					ı		Ų.							l			
	annig 100			<u> </u>													- 1	

1. /	r-					-		***************************************			-		7	-	 	T	
AMPOLINE GROUP:	k						-		,								
= BASIC - A = ADVANCED M = MASTER	· ·			$oldsymbol{ol}}}}}}}}}}}}}}$		كال)	<u></u>						L				
Lesson 2 Skills (Pay attention to twist direction)	В	Α	M	В	Α	M	B A	1	1	В	Α	M	В	Α	Μ	В	M
R: T-SET 360	1-			Π	R.		,	and a		***************************************			Ī	-			
T-SET 540		`		1	-		-										~~~~
WRAPPED 720:	Ť		•	1	-							~	l				
- Set same spin as t-set 540	ſ	-		İ	·			7	ĺ								
- T until 180 then pull arms into chest	:						ā	_'									
ROUTINE:	1				٠.,	,	,	>									
Tuck, Pike, Straddle, Tuck, Pike, Straddle					z		-										
BOUNCING ON HANDS AND KNEES:	٦.	~					~	_	7						NAME OF TAXABLE PARTY.		
- Keep back parallel to the trampoline	<u>L</u> .				*			>									
HANDS AND KNEE DROP:	Γ				-		-										
- Make sure back parallel to the trampoline							7	5									
FRONT DROP:	Г	_			<i>y</i> ~												
- With a pad from low bounce)						-								
SWAN TO HANDS AND KNEE DROP:		سبب. ند		Γ				7	Т								
- Slight lean forward	L)			>				•					
180 TO SEAT DROP:	Γ						ί.										
- Slight lean forward on take off	١.	1				,			1								
- Swan into twist					Ň			7	1								
- Don't pike until spin is finished									4						_		
SEAT DROP, TO HANDS AND KNEE DROP:									ı								
- Try to stay straight until body is vertical	<u> </u>			_	_	_			_								
SWIVEL HIPS (Seat drop, 180 to Seat Drop):	l					l									ı		
- Twist should happen as body is vertical	ĺ		7			١			ı			- 1					
- Arms up for twist - Be on the line	1)			1	•						عرم	
START TO DETERMINE NATURAL TWIST						-			+			\dashv	ļ.			.,-	
DIRECTION:													ş				
- Most right handed athletes spin left			j												j		
· · · · · · · · · · · · · · · · · · ·			1												ı		
- Most left handed athletes spin right			1						\perp								

AMPOLINE GROUP:			ı			I			l		1			1		
/= BASIC A A = ADVANCED M = MASTER			1								1					
Lesson 3 Skills	В /	M A	В	Α	M	В	Α	М	В	A M	В	Α	М	В	Α	М
ARMS UP BOUNCE:	1	······································	1	···········		\vdash			 	*******	1			╁		
- Keep arms above head for 10 bounces	1					l			·							
- Sraight arms should squeeze ears	ŀ		1													
ARM SET BOUNCE:	+		╅		-	╁					┪.	-		┼		·····
- Bounce low starting with arms up	1										1					
- Arms up when in contact with trampoline	ļ :	ı							l					l		
- Arms drop in front as athlete leaves the trampoline			ı								1					
- Hands stay at the same altitude as body lifts off trampoline			l			ĺ										
Hands and arms will be at eye level at apex then body drops	1															
below arms on descent to land with arms over head)			ļ								
Don't force arms, Relax shoulders and let gravity do most of the	1				1						1					
work											1					
TUCK FRONT DROP	F															
R: SEAT DROP]			ì							1					
SEAT DROP, TO FRONT DROP:	1	······································	-	-	_			\dashv			1					
- Tuck in between tricks	Å		ĺ		7									l		
- Stay on the line	ı				/											
BACK DROP:	1		-	-	\dashv			\dashv			╂─					
With pad	1			A PROPERTY AND IN COLUMN												
- From standing	ŀ			-				ı								
Look forward	İ		1					I								
ROUTINE:	ļ		_		一十			\dashv			\vdash	· · · · · ·				
- Tuck Jump, Seat Drop, To feet, 180, Straddle, Swan, Stop				- 1							1					
p, coloresp, to teet, 200, stratistic, swart, stop							66.45				Q10	克尔特				
。 第二十二章 1915年,1915年,1915年,1915年,1915年,1915年,1915年,1915年,1915年,1915年,1915年,1915年,1915年,1915年,1915年,1915年,1915年,19	12 (U.S.) 1.2 (S.)	ACTOR AND ADDRESS OF			经被联制	16.5		经数据	通用的				500	10.5		
Lesson 4 Skills	D 4	A /	D		255		A P	A PERSONAL PROPERTY OF	D A	R A	D	A	A A	D.	<u> </u>	
Lesson 4 Skills	ВА	М	В	A I	M	В /	1 4	VI I	ВА	M	В	Α	М	В	1 A	М
SITTING GRABS (not on trampoline):	B A	M	В	A I	M	В	1 4	VI I	ВА	. M	В	A	М	B /	1 A	И
SITTING GRABS (not on trampoline): - Balancing on tail bone with feet off the ground	ВА	M	В ,	A I	М I	В	1 4	VI I	ВА	. M	В	A	M	B /	1 A	М
SITTING GRABS (not on trampoline): - Balancing on tail bone with feet off the ground - Practice Iron Cross and basic grab positions	B A	M	B ,	A I	М .	В	<u>1 A</u>	M I	ВА	. M		A	М	B /	1 A	M
SITTING GRABS (not on trampoline): - Balancing on tail bone with feet off the ground - Practice Iron Cross and basic grab positions - See descriptions for those tricks below	B A	M	В	A I	M	В	η Δ	M I	В А	. M		Α	M	B	1 A	VI.
SITTING GRABS (not on trampoline): - Balancing on tail bone with feet off the ground - Practice Iron Cross and basic grab positions - See descriptions for those tricks below SPREAD EAGLE, DAFFY, TWISTER	B A	M	B ,	A 1	.	В	1 2	M I	ВА	. M		A	M	B ,	1 A	М
SITTING GRABS (not on trampoline): - Balancing on tail bone with feet off the ground - Practice Iron Cross and basic grab positions - See descriptions for those tricks below SPREAD EAGLE, DAFFY, TWISTER IRON CROSS:	B A	M	B ,	A I	M I	В ,	Δ Γ	M I	ВА	. M		A	M	B	1 A	M
SITTING GRABS (not on trampoline): - Balancing on tail bone with feet off the ground - Practice Iron Cross and basic grab positions - See descriptions for those tricks below SPREAD EAGLE, DAFFY, TWISTER IRON CROSS: - Keep feet and knees tight together	B A /	M	B /	A I	M I	В ,	1 A	M I	ВА	. M		Α	M	В	A ſ	M
SITTING GRABS (not on trampoline): - Balancing on tail bone with feet off the ground - Practice Iron Cross and basic grab positions - See descriptions for those tricks below SPREAD EAGLE, DAFFY, TWISTER IRON CROSS: - Keep feet and knees tight together - Cross leading spin direction foot over the top	B A	M	В	A 1	. I	В /	Δ Γ	M	В А	M		Α	M	B	A	M
SITTING GRABS (not on trampoline): - Balancing on tail bone with feet off the ground - Practice Iron Cross and basic grab positions - See descriptions for those tricks below SPREAD EAGLE, DAFFY, TWISTER IRON CROSS: - Keep feet and knees tight together - Cross leading spin direction foot over the top BASIC GRABS:	B A.	M	B ,	A 1	M I	В ,	Α Γ	M	ВА	. M		A	M	B	Α [<u>M</u>
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SITTING GRABS (not on trampoline): - Balancing on tail bone with feet off the ground - Practice Iron Cross and basic grab positions - See descriptions for those tricks below SPREAD EAGLE, DAFFY, TWISTER IRON CROSS: - Keep feet and knees tight together - Cross leading spin direction foot over the top BASIC GRABS: - Do each grab with both hands - SAFETY: Grab same side foot on the outside, keep legs	BA	M	B	A	M I	В ,	A [M II	ВА	M		A	M	B	1 A	M
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SITTING GRABS (not on trampoline): - Balancing on tail bone with feet off the ground - Practice Iron Cross and basic grab positions - See descriptions for those tricks below SPREAD EAGLE, DAFFY, TWISTER IRON CROSS: - Keep feet and knees tight together - Cross leading spin direction foot over the top BASIC GRABS: - Do each grab with both hands - SAFETY: Grab same side foot on the outside, keep legs together, keep feet flat and parallel - JAPAN: Reach behind leg to grab the outside edge of opposite foot - MUTE: Iron Cross Grab	B A	M	B	A	M I	В /	△ [M I	B A	M		A	M	B	A ſ	M
SITTING GRABS (not on trampoline): - Balancing on tail bone with feet off the ground - Practice Iron Cross and basic grab positions - See descriptions for those tricks below SPREAD EAGLE, DAFFY, TWISTER IRON CROSS: - Keep feet and knees tight together - Cross leading spin direction foot over the top BASIC GRABS: - Do each grab with both hands - SAFETY: Grab same side foot on the outside, keep legs together, keep feet flat and parallel - JAPAN: Reach behind leg to grab the outside edge of opposite foot	B A	M	B	A	M	В /	A [B A	M		A	M	B /	A	M
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SITTING GRABS (not on trampoline): - Balancing on tail bone with feet off the ground - Practice Iron Cross and basic grab positions - See descriptions for those tricks below SPREAD EAGLE, DAFFY, TWISTER IRON CROSS: - Keep feet and knees tight together - Cross leading spin direction foot over the top BASIC GRABS: - Do each grab with both hands - SAFETY: Grab same side foot on the outside, keep legs together, keep feet flat and parallel - JAPAN: Reach behind leg to grab the outside edge of opposite foot - MUTE: Iron Cross Grab - TAIL: Iron Cross, first grab same side heel then grab imaginary tail of ski	<i>} →</i>	M	-		M 1	В /	Α [M II	B A	M		A	M	B /	A	M
SITTING GRABS (not on trampoline): - Balancing on tail bone with feet off the ground - Practice Iron Cross and basic grab positions - See descriptions for those tricks below SPREAD EAGLE, DAFFY, TWISTER IRON CROSS: - Keep feet and knees tight together - Cross leading spin direction foot over the top BASIC GRABS: - Do each grab with both hands - SAFETY: Grab same side foot on the outside, keep legs together, keep feet flat and parallel - JAPAN: Reach behind leg to grab the outside edge of opposite foot - MUTE: Iron Cross Grab - TAIL: Iron Cross, first grab same side heel then grab imaginary tail of ski R: T-SET 360	<i>} →</i>	M	-		M	В 7	1 4	M II	B A	M		A	M	B /	A	M
SITTING GRABS (not on trampoline): - Balancing on tail bone with feet off the ground - Practice Iron Cross and basic grab positions - See descriptions for those tricks below SPREAD EAGLE, DAFFY, TWISTER IRON CROSS: - Keep feet and knees tight together - Cross leading spin direction foot over the top BASIC GRABS: - Do each grab with both hands - SAFETY: Grab same side foot on the outside, keep legs together, keep feet flat and parallel - JAPAN: Reach behind leg to grab the outside edge of opposite foot - MUTE: Iron Cross Grab - TAIL: Iron Cross, first grab same side heel then grab imaginary tail of ski R: T-SET 360 360 X:	<i>} →</i>	M	-		M	B ,	Α [M I	B A	M		A	M	B /	A	V
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SITTING GRABS (not on trampoline): - Balancing on tail bone with feet off the ground - Practice Iron Cross and basic grab positions - See descriptions for those tricks below SPREAD EAGLE, DAFFY, TWISTER IRON CROSS: - Keep feet and knees tight together - Cross leading spin direction foot over the top BASIC GRABS: - Do each grab with both hands - SAFETY: Grab same side foot on the outside, keep legs together, keep feet flat and parallel - JAPAN: Reach behind leg to grab the outside edge of opposite foot - MUTE: Iron Cross Grab - TAIL: Iron Cross, first grab same side heel then grab imaginary tail of ski R: T-SET 360 360 X: - Cross lead foot on top - X at 180	<i>} →</i>	M	-		M	B /	Α [M II	B A	M		A	M	B /	A	M
SITTING GRABS (not on trampoline): - Balancing on tail bone with feet off the ground - Practice Iron Cross and basic grab positions - See descriptions for those tricks below SPREAD EAGLE, DAFFY, TWISTER IRON CROSS: - Keep feet and knees tight together - Cross leading spin direction foot over the top BASIC GRABS: - Do each grab with both hands - SAFETY: Grab same side foot on the outside, keep legs together, keep feet flat and parallel - JAPAN: Reach behind leg to grab the outside edge of opposite foot - MUTE: Iron Cross Grab - TAIL: Iron Cross, first grab same side heel then grab imaginary tail of ski R: T-SET 360 360 X: - Cross lead foot on top - X at 180 360 WITH BASIC GRABS: - Grab with trailing hand	<i>} →</i>	M	-		M	В /	A [M II	B A	M		A	M	B /	A	V
SITTING GRABS (not on trampoline): - Balancing on tail bone with feet off the ground - Practice Iron Cross and basic grab positions - See descriptions for those tricks below SPREAD EAGLE, DAFFY, TWISTER IRON CROSS: - Keep feet and knees tight together - Cross leading spin direction foot over the top BASIC GRABS: - Do each grab with both hands - SAFETY: Grab same side foot on the outside, keep legs together, keep feet flat and parallel - JAPAN: Reach behind leg to grab the outside edge of opposite foot - MUTE: Iron Cross Grab - TAIL: Iron Cross, first grab same side heel then grab imaginary tail of ski R: T-SET 360 360 X: - Cross lead foot on top - X at 180	<i>} →</i>	M			M	В /	Α [M II	B A	M		A	M	B /	A	V

AMPOLINE GROUP:	_	P		T			T	******		T	*************	***************************************	т-			т		**********
$j = BASIC \cdot A = ADVANCED M = MASTER$																		
Lesson 5 Skills	B	Δ	М	R	Δ	Ν/Ι	R	Λ	M	B	^	M	╁	Λ	N //	D	٨	0.5
BACK FLIP TUCK-UPS:	╁	<u> </u>		۲		141	۲		101	۲		171	+	<u> </u>	IVI	P	<u> </u>	IVI
- This exercise is done laying down on the floor													ı					
- Lay on floor in tight body position with arms up	1												ı					
- Tuck knees into chest, lifting only the lower body										i			1					
FRONT FLIP SIT-UPS:	1			H			┢	****	······	┢			╁			-		
- This exercise is done laying down on the floor	1						ŀ			l			1					
- Lay on floor in tight body position with arms up													1			ĺ		
- 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						- 1							l					
ball" position	<u> </u> ,																	
R: TUCK FRONT DROP			[
R: SEAT DROP:		•	~"/															
- Swan take-off									ŀ									
- Don't look up													1					
R: SEAT DROP, TO FRONT DROP	-	-							,							•		
TUCK BACK DROP:															-1			
- Seat drop take off						ı			ı									
- Tuck at apex									1									
- Land piked									ľ									
- Spot forwards the whole time									- 1									
- Don't look up																		
COUGH DROP:																		
- Arm swing take off						ļ											<i>.</i>	
- Keep body straight									- 1			ı				·FV.		
- Land on back with legs in contact with pad		J											ķ					ſ
- Whole body hits at the same time - Look forward						1												
ROUTINE:	-		- -			_ -												
To the second se	:	١																
- Pike Jump, Front Drop, To feet, Swivel Hips, 180 to feet, Tuck Jump, 360																		
																		\Box

					<u>-</u>							Wildelin of the	-:-	7		-
AMPOLINE GROUP:																
/= BASIC A = ADVANCED M = MASTER											<u></u>					
Lesson 6 Skills	ВА	M	В	A N	1	В.	A N	1 B	Α	Μ	В	Α	Μ	В	Α	Μ
R: T-SET 360					1			ı								
R: 360 X	^										Π					
R: 360 WITH GRABS	T ^				7						1			1		
R: T-SET 540	†				1			1			1	•				
540 X	7		†		1			1			1			1		
540 WITH GRABS:	7		 		1			1			1			i		
- Grab at 270	^				1											
- Stay on axis			1											l		
- Spot at 360 then 180 down			<u> </u>		1											
R: UNNATURAL 360																
UNNATURAL 540	<u> </u>															
UNNATURAL 720																
R: TUCK FRONT DROP	Τ.	-			T											
PIKE FRONT DROP	T	-			\top			1		<u>-</u>				<u> </u>		
CAT TWIST (with pad):	T				1			\top							***********	
- Late 180 to cough drop					1		,									
- Start like pike front drop, pike square facing the pad																
- Use kick out for twist	4				1											
R: SEAT DROP	\perp				1											
R: SWIVEL HIPS					\perp											
SEAT DROP, TO PIKE FRONT DROP																
SEAT DDOD 100 TO DACK DDOD	1 .	- 1			•			1			İ					
SEAT DROP, 180 TO BACK DROP		I				******										
Lesson 7 Skills	B A	M	B A	M	B	<u>β</u>	M	B	A	M	B _\	A	М	В	A	M
	ВА	M	ВА	M	В	β Δ	M	В	A	M	В	A	M	В	A	M
Lesson 7 Skills ARM SET BOUNCE 2: - Start with arms up	ВА	М	ВА	M	В	3 Д	M	В	A	M	B	A	M	В	A	M
Lesson 7 Skills ARM SET BOUNCE 2: - Start with arms up - Drop arms in front all the way down at apex	ВА	M	ВА	M	В	3 Δ	. M	В	A	M	В	A	M	В	A	M
Lesson 7 Skills ARM SET BOUNCE 2: - Start with arms up - Drop arms in front all the way down at apex - Smoothly lift the arms back to overhead position for landing	ВА	M	ВА	M	В	3 A	M	В	A	M	B	A	M	В	A	M
Lesson 7 Skills ARM SET BOUNCE 2: - 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 a rhythm	ВА	M	ВА	M	B	3 A	M	В	A	M	B	A	M	В	A	M
Lesson 7 Skills ARM SET BOUNCE 2: - 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 a rhythm ARM SWING BOUNCE, TO ARM SET:	ВА	M	ВА	M	B	3 A	M	В	A	M	B	A	M	B	A	M
Lesson 7 Skills ARM SET BOUNCE 2: - 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 a rhythm	ВА	M	ВА	M	В	3 A	M	В	A	M	B	A	M	В	A	M
Lesson 7 Skills ARM SET BOUNCE 2: - 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 a rhythm ARM SWING BOUNCE, TO ARM SET: - Start with arm swing bounce - Drop arms at apex - Smoothly lift arms in front to overhead position for landing	B A	M	ВА	M	B	β Δ	M	B	A	M	B	A	M	В	A	M
Lesson 7 Skills ARM SET BOUNCE 2: - 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 a rhythm ARM SWING BOUNCE, TO ARM SET: - Start with arm swing bounce - Drop arms at apex - Smoothly lift arms in front to overhead position for landing PIKE FRONT DROP (using arm set bounce)	B A	M	ВА	M	B	3 A	M	B	A	M	B	A	M	В	A .	M
Lesson 7 Skills ARM SET BOUNCE 2: - 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 a rhythm ARM SWING BOUNCE, TO ARM SET: - Start with arm swing bounce - Drop arms at apex - Smoothly lift arms in front to overhead position for landing	B A	M	В А	M	B	3 A	M	B	A	Mi	B	A	M	В	A	M
Lesson 7 Skills ARM SET BOUNCE 2: - 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 a rhythm ARM SWING BOUNCE, TO ARM SET: - Start with arm swing bounce - Drop arms at apex - Smoothly lift arms in front to overhead position for landing PIKE FRONT DROP (using arm set bounce)	B A	M	B A	M	B	3 A	M	B	A	M	B	A	M	В	A	M
Lesson 7 Skills ARM SET BOUNCE 2: - 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 a rhythm ARM SWING BOUNCE, TO ARM SET: - Start with arm 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	B A	M	ВА	M	B	3 A	M	B	A	M	В	A	M	В	A .	M
Lesson 7 Skills ARM SET BOUNCE 2: - 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 a rhythm ARM SWING BOUNCE, TO ARM SET: - Start with arm 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	B A	M	B A	M	B	3 A	M	B	A	M	B	A	M	B	A	M
Lesson 7 Skills ARM SET BOUNCE 2: - 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 a rhythm ARM SWING BOUNCE, TO ARM SET: - Start with arm 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	B A	M	ВА	M	B	3 4	M	B	A	M	B	A	M	B	A .	M
Lesson 7 Skills ARM SET BOUNCE 2: - 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 a rhythm ARM SWING BOUNCE, TO ARM SET: - Start with arm 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:	B A	M	B A	M	B		M	B	A	M	B	A	M	B	A .	M
Lesson 7 Skills ARM SET BOUNCE 2: - 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 a rhythm ARM SWING BOUNCE, TO ARM SET: - Start with arm 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	B A	M	B A	M		3 A	M	B	A	M	B	A	M I	B	A .	M
Lesson 7 Skills ARM SET BOUNCE 2: - 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 a rhythm ARM SWING BOUNCE, TO ARM SET: - Start with arm 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:	B A	M	ВА	M	B	3 A	M	B	A	M	B	A	M	B	A	M
Lesson 7 Skills ARM SET BOUNCE 2: - 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 a rhythm ARM SWING BOUNCE, TO ARM SET: - Start with arm 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	B A	M	B A	M	B	3 A	M	B	A	M	B	A	M	B	A .	M
Lesson 7 Skills ARM SET BOUNCE 2: - 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 a rhythm ARM SWING BOUNCE, TO ARM SET: - Start with arm 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	B A	M	B A	M		3 A	M	B	A	M	B	A	M I	B	A .	M
Lesson 7 Skills ARM SET BOUNCE 2: - 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 a rhythm ARM SWING BOUNCE, TO ARM SET: - Start with arm 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:	B A	M	ВА	M		3 A	M	B	A	M	B	A	M	B	A .	M
Lesson 7 Skills ARM SET BOUNCE 2: - 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 a rhythm ARM SWING BOUNCE, TO ARM SET: - Start with arm 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	B A	M	B A	M		3 A	M	B	A	M	B	A	M	B	A .	M
Lesson 7 Skills ARM SET BOUNCE 2: - 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 a rhythm ARM SWING BOUNCE, TO ARM SET: - Start with arm 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:	B A	M	B A	M		3 A	M	B	A	M	B	A	M	B	A .	M

AMPOLINE GROUP:			T			,		T				-			SCHOOL STATE	
β = BASIC , A = ADVANCED M = MASTER																
Lesson 8 Skills	ВА	М	В	A N	/1	ВА	M	В	Α	M	В	Α	М	В	Α	M
R: SEAT DROP								1						T		
R: SEAT DROP, 180 TO FEET	1		\vdash		-			╁╴			Г					
R: TUCK BACK DROP	<u> </u>				_			╁			-			 -		
TUCK BACK DROP, 180 TO FEET	<u> </u>		-					╂			<u> </u>			-		
R: COUGH DROP			 					\vdash		·	 					
			 					╂—			 			-		
TIP OVER HALF AIRPLANE WITH PAD:																
- Start with arms up - Fall back	}							l								
- Look forward at the beginning, be on the line																
- Twist 180 when halfway to pad													•			
- Try to be on line																
HALF AIRPLANE WITH PAD:																
- Small bounce or from standing											İ	•				
- Look forward at the beginning, be on the line																
PIKE BACK DROP:																
- Pike at apex																
- Kick out then land piked							,	<u> </u>			ļ					
LAYOUT BACK DROP:	İ															
- Stay straight in the air then land piked					_			ļ							···	
BACK TUCK IN BELT:					١						٠					
- Take off like layout back drop								ł								
- Tuck at apex	可能的表表	(name and	\$25H21	水品混构	150	CHISTO.	22988		48.00	Bala.	200				an an	
Lesson 9 Skills	ВА	M	В А	. M		ВА	M	В	Α	IVI	В	А	M	В	A	M
					_									-	2 000	
R: ARM SWING BOUNCE, TO ARM SET SWAN																
JUMP											Jag				2,55	
· · · · · · · · · · · · · · · · · · ·											2				>	
JUMP											المقار				-	
JUMP SEAT DROP WITH ARM SET											, bg					
JUMP SEAT DROP WITH ARM SET TUCK BACK DROP WITH ARM SET											, <u>J</u>				>	
JUMP SEAT DROP WITH ARM SET TUCK BACK DROP WITH ARM SET TUCK BACK DROP, 180 TO FEET WITH ARM SET															>	
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											<u> </u>				>	
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:																
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											<u></u>					
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											, <u>, , , , , , , , , , , , , , , , , , </u>					
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 a lay-out position											<u>}</u>					
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 a lay-out position FRONT TUCK PUNCH 180:											<u>}</u>					
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 a lay-out position FRONT TUCK PUNCH 180: - Land the flip then do an upright 180 on the next bounce											· • • • • • • • • • • • • • • • • • • •					
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 a lay-out position FRONT TUCK PUNCH 180: - Land the flip then do an upright 180 on the next bounce TUCK BARANI:											<u>}</u>					
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 a lay-out position FRONT TUCK PUNCH 180: - Land the flip then do an upright 180 on the next bounce TUCK BARANI: - Tuck tight and flip square in tuck											<u> </u>					
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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 a lay-out position FRONT TUCK PUNCH 180: - Land the flip then do an upright 180 on the 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											<u>}</u>					
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 a lay-out position FRONT TUCK PUNCH 180: - Land the flip then do an upright 180 on the 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:											<u>}</u>					
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 a lay-out position FRONT TUCK PUNCH 180: - Land the flip then do an upright 180 on the 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											<u></u>					
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 a lay-out position FRONT TUCK PUNCH 180: - Land the flip then do an upright 180 on the 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											<u>}</u>					
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 a lay-out position FRONT TUCK PUNCH 180: - Land the flip then do an upright 180 on the 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											<u>}</u>					
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 a lay-out position FRONT TUCK PUNCH 180: - Land the flip then do an upright 180 on the 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											<u>}</u>					

																		
√AMPOLINE GROUP:																		
β = BASIC . A = ADVANCED M = MASTER										ŀ	٠		l			l		
Lesson 10 Skills	В	Α	М	В	Α	M	В	Α	M	В	Α	M	В	Α	M	В	Α	M
R: SEAT DROP WITH ARM SET	1						T			T			1			T		************
R: TUCK BACK DROP WITH ARM SET	1			T			T			1			T			T		
PIKE BACK DROP WITH ARM SET	┪	·····		1						T			1.			┢		
COUGH DROP WITH ARM SET	+			\vdash			┢			╁			t			一		
R: HALF AIRPLANE	╁			 			┢			\vdash			十			╁		
LAYOUT BACK DROP WITH ARM SET	+-			├			╁┈		······································	╁			╁╌			╂		
BACK TUCK WITH ARM SET	╁			├			╀			╁			┢			-		
	+			 						╀			├-		· .	 		
BACK TUCK WITH KICK OUT (with arm set)	-						<u> </u>			-			├-					
BACK PIKE: - Use arm set take-off							ĺ			l						l		
- Use arm set take-off - Watch feet come up for pike										l								
BACK LAYOUT:	╁									╁			┢					
- Use arm set take-off																		
- Look forward until feet are seen then drop arms to side and	-												l					
straighten head																		
Note: Use arm set for all flips									,									
ROUTINE:	Τ																	
- Tuck back drop, to feet, half airplane, to feet, tuck jump, swive	4																	
hips, 180 to feet, front drop, to feet, pike jump, front tuck														•				
	1																	
Lesson 11 Skills	В	脂腺 A	M	В	A	M	В	A	M	В	製版 A	M	В	A	M	В	A	M
	В	A	M	В	A	M	В	A	M	В	A	M	В	Α	M	В	A	M
R: T-SET 360	В	A	M	В	A	M	В	A	M	В	A	M	В	A	M	В		M
R: T-SET 360 R: 360 WITH GRABS	В	A A	M	В	A	M	В	A	M	В	A	M	B	A	M			M
R: T-SET 360 R: 360 WITH GRABS T-SET 540	В	A	M	В	A	M	В	A	M	В	A	M		A	Σ			M
R: T-SET 360 R: 360 WITH GRABS T-SET 540 540 WITH GRABS	В	A	M	В	A	M	В	A	M	В	A	M		A	M			M
R: T-SET 360 R: 360 WITH GRABS T-SET 540 540 WITH GRABS WRAPPED 720	В	A	M	В	A	M	В	A	M	В	A	M		A	Σ			M
R: T-SET 360 R: 360 WITH GRABS T-SET 540 540 WITH GRABS WRAPPED 720 T-SET 720	B	A	M	В	A	M	В	A	M	В	A	M		A	M			M
R: T-SET 360 R: 360 WITH GRABS T-SET 540 540 WITH GRABS WRAPPED 720 T-SET 720 900	В	A	M	В	A	M	B	A	M	В	A	M		A	N			M
R: T-SET 360 R: 360 WITH GRABS T-SET 540 540 WITH GRABS WRAPPED 720 T-SET 720 900 WRAPPED 1080:	B	A	M	В	A	M	В	A	M	В	A	M		A	Σ			M
R: T-SET 360 R: 360 WITH GRABS T-SET 540 540 WITH GRABS WRAPPED 720 T-SET 720 900 WRAPPED 1080: -Only if warm-up spins are perfect axis	B	A	M	В	A	M	B	A	M	В	A	M		A	M			M
R: T-SET 360 R: 360 WITH GRABS T-SET 540 540 WITH GRABS WRAPPED 720 T-SET 720 900 WRAPPED 1080: -Only if warm-up spins are perfect axis R: UNNATURAL SPINS	B	A	M	В	A	M	В	A	M	B	A	M		A	M			M
R: T-SET 360 R: 360 WITH GRABS T-SET 540 540 WITH GRABS WRAPPED 720 T-SET 720 900 WRAPPED 1080: -Only if warm-up spins are perfect axis R: UNNATURAL SPINS T-SET COUGH DROP	B	A	M	В	A	M	В	A	M	B	A	M		A	M			M
R: T-SET 360 R: 360 WITH GRABS T-SET 540 540 WITH GRABS WRAPPED 720 T-SET 720 900 WRAPPED 1080: -Only if warm-up spins are perfect axis R: UNNATURAL SPINS T-SET COUGH DROP T-SET HALF AIRPLANE	B	A	M	В	A	M	В	A	M	B	A	M		A	M			M
R: T-SET 360 R: 360 WITH GRABS T-SET 540 540 WITH GRABS WRAPPED 720 T-SET 720 900 WRAPPED 1080: -Only if warm-up spins are perfect axis R: UNNATURAL SPINS T-SET COUGH DROP T-SET HALF AIRPLANE FULL AIRPLANE	B	A	M	В	A	M	B	A	M	В	A	M		A	M			M
R: T-SET 360 R: 360 WITH GRABS T-SET 540 540 WITH GRABS WRAPPED 720 T-SET 720 900 WRAPPED 1080: -Only if warm-up spins are perfect axis R: UNNATURAL SPINS T-SET COUGH DROP T-SET HALF AIRPLANE FULL AIRPLANE CORK ROLL:	B	A	M	В	A	M	B	A	M	В	A	M		A	M			M
R: T-SET 360 R: 360 WITH GRABS T-SET 540 540 WITH GRABS WRAPPED 720 T-SET 720 900 WRAPPED 1080: -Only if warm-up spins are perfect axis R: UNNATURAL SPINS T-SET COUGH DROP T-SET HALF AIRPLANE FULL AIRPLANE CORK ROLL: Half airplane into misty roll	B	A	M	В	A	M	В	A	M	В	A	M		A	M			M
R: T-SET 360 R: 360 WITH GRABS T-SET 540 540 WITH GRABS WRAPPED 720 T-SET 720 900 WRAPPED 1080: -Only if warm-up spins are perfect axis R: UNNATURAL SPINS T-SET COUGH DROP T-SET HALF AIRPLANE FULL AIRPLANE CORK ROLL: Half airplane into misty roll - Straight body on half airplane	B	A	M	В	A	M	В	A	M	В	A	M		A	M			M
R: T-SET 360 R: 360 WITH GRABS T-SET 540 540 WITH GRABS WRAPPED 720 T-SET 720 900 WRAPPED 1080: -Only if warm-up spins are perfect axis R: UNNATURAL SPINS T-SET COUGH DROP T-SET HALF AIRPLANE FULL AIRPLANE CORK ROLL: Half airplane into misty roll	B	A	M	В	A	M	B	A	M	B	A	M		A	M			M
R: T-SET 360 R: 360 WITH GRABS T-SET 540 540 WITH GRABS WRAPPED 720 T-SET 720 900 WRAPPED 1080: -Only if warm-up spins are perfect axis R: 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 down landing in back drop on the short sideways line	B	A	M	B	A	M	B	A	M	B	A	M		A	M			M
R: T-SET 360 R: 360 WITH GRABS T-SET 540 540 WITH GRABS WRAPPED 720 T-SET 720 900 WRAPPED 1080: -Only if warm-up spins are perfect axis R: 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 down landing in back drop on the short	B	A	M	В	A	M.	В	A	M	B	A	M		A	M			M

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TRAMPOLINE GROUP:		**************************************	T	****		T	**************************************	T	*****		Ī					
B = BASIC A = ADVANCED M = MASTER]										
Lesson 12 Skills	ВА	N /I	-	Λ N	Λ	D /	M	Ь	Λ	Ν.Δ	В	Λ Ι	n 4	<u></u>	Λ	D 4
R: TUCK BACK DROP		IVI	Ь	A 1V	-	D F	4 IVI	D	A	IVI	<u> </u>	A	IVI	B	A	IVI
T Y BACK DROP TO FRONT DROP	 		_		_	<u> </u>		┨—			 			ļ		
	 		ļ		_	ļ		 			<u> </u>					
Chaddle:											ŀ					
- Back Drop 180, to Back Drop	<u> </u>		 		_			1								
LAYOUT FRONT DROP			ļ		_			ļ								
CRASH DIVE:			İ		ı											
- 3/4 front in layout position			l		1			l								
- Land on back in pike position	 		ļ		_	ļ		╂—			ļ					
R: FRONT TUCK	<u> </u>				_			<u> </u>								
R: TUCK BARANI WITH LATE KICK OUT											ļ		_			
TUCK BARANI WITH UPSIDE DOWN KICK OUT:								İ					ı			
- Still have head tucked in looking at knees in tuck position	ł		ļ		ı											
- Don't kick out before upside down	ļ				ı											
- Check twist direction FRONT PIKE	 		<u> </u>	····	4			\vdash			_					
	 				4			ļ					_			
PIKE BARANI	ļ				4		<u>,</u>	<u> </u>					_			
FRONT LAYOUT:	1		l		-											
- Keep head straight					1								ı			
- Use heel drive to set flip LAYOUT BARANI:			·		4											
- Twist late at first					ı											
- Check twist direction					١											
	la artist	12294	Correspond	的關係性			e dispersion	200	S 400					K.		19215
	E Line Children					A 10 TO 10 TO 10	57 27 27 29	250000000	12.0		当时时代	3155511	14 5 14 17 1			
Lesson 13 Skills	ВА	M	R A	M A		R A	M	B	<u>Σ</u>	M M	R /	Δ N	<u>/</u>	R.	Δ	M M
	ВА	M	B A	۱ M		B A	M	В	A	M	В /	<u> </u>	И	В -	A I	M
K ACK TUCK WITH KICKOUT	ВА	M	B A	M A		ВА	M	В	A	M	В /	<u> </u>	V	В.	A I	M
K ACK TUCK WITH KICKOUT BACK PIKE WITH KICKOUT	ВА	M	ВА	\ M		B A	M	В	A	M	В	A N	VI	B	A 1	M
ACK TUCK WITH KICKOUT BACK PIKE WITH KICKOUT 3/4 BACK LAYOUT (TO HANDS AND KNEES W/ PAD)	ВА	M	B <i>A</i>	M M		ВА	M	В	A	M	В /	<u> </u>	VI	B	A I	M
ACK TUCK WITH KICKOUT BACK PIKE WITH KICKOUT 3/4 BACK LAYOUT (TO HANDS AND KNEES W/ PAD) 3/4 BACK LAYOUT (TO STOMACH DROP W/ PAD)	ВА	M	В А	A M		ВА	M	В	A	M	B /	<u> </u>	V	В	A I	M
ACK TUCK WITH KICKOUT BACK PIKE WITH KICKOUT 3/4 BACK LAYOUT (TO HANDS AND KNEES W/ PAD) 3/4 BACK LAYOUT (TO STOMACH DROP W/ PAD) - Only for athletes with competent back tuck, pike and layout	B A	M	ВА	A M		B A	M	В	A	M	В ,	Α Λ	VI	B	<u>A</u> I	M
ACK TUCK WITH KICKOUT BACK PIKE WITH KICKOUT 3/4 BACK LAYOUT (TO HANDS AND KNEES W/ PAD) 3/4 BACK LAYOUT (TO STOMACH DROP W/ PAD) - Only for athletes with competent back tuck, pike and layout BACK LAYOUT:	B A	M	В А	A M		B A	M	В	A	M	B /	Α Ν	VI	В.	A	M
ACK TUCK WITH KICKOUT BACK PIKE WITH KICKOUT 3/4 BACK LAYOUT (TO HANDS AND KNEES W/ PAD) 3/4 BACK LAYOUT (TO STOMACH DROP W/ PAD) - Only for athletes with competent back tuck, pike and layout BACK LAYOUT: - Look forward until toes are seen at flat back	B A	M	ВА	A M		B A	M	В	A	M	B /	<u> </u>	M	B	A I	M
ACK TUCK WITH KICKOUT BACK PIKE WITH KICKOUT 3/4 BACK LAYOUT (TO HANDS AND KNEES W/ PAD) 3/4 BACK LAYOUT (TO STOMACH DROP W/ PAD) - Only for athletes with competent back tuck, pike and layout BACK LAYOUT:	B A	M	B <i>A</i>	A M		B A	M	В	<u>A</u>	M	B /	A N	M	B	A	M
ACK TUCK WITH KICKOUT BACK PIKE WITH KICKOUT 3/4 BACK LAYOUT (TO HANDS AND KNEES W/ PAD) 3/4 BACK LAYOUT (TO STOMACH DROP W/ PAD) - Only for athletes with competent back tuck, pike and layout BACK LAYOUT: - Look forward until toes are seen at flat back - Roll straight over on line	B A	M	В А	A M		ВА	M	В	A	M	В /	Α Λ	M	B	A	M
ACK TUCK WITH KICKOUT BACK PIKE WITH KICKOUT 3/4 BACK LAYOUT (TO HANDS AND KNEES W/ PAD) 3/4 BACK LAYOUT (TO STOMACH DROP W/ PAD) - Only for athletes with competent back tuck, pike and layout BACK LAYOUT: - Look forward until toes are seen at flat back - Roll straight over on line - Two footed take off R: T-SET COUGH DROP	B A	M	B <i>A</i>	A M		ВА	M	В	A	M	B /	<u>A</u> N	M	B	AI	M
ACK TUCK WITH KICKOUT BACK PIKE WITH KICKOUT 3/4 BACK LAYOUT (TO HANDS AND KNEES W/ PAD) - Only for athletes with competent back tuck, pike and layout BACK LAYOUT: - Look forward until toes are seen at flat back - Roll straight over on line - Two footed take off R: T-SET COUGH DROP R: T-SET HALF AIRPLANE	B A	M	ВА	A M		ВА	M	В	A	M	B /	<u> </u>	M	B	A	M
ACK TUCK WITH KICKOUT BACK PIKE WITH KICKOUT 3/4 BACK LAYOUT (TO HANDS AND KNEES W/ PAD) 3/4 BACK LAYOUT (TO STOMACH DROP W/ PAD) - Only for athletes with competent back tuck, pike and layout BACK LAYOUT: - Look forward until toes are seen at flat back - Roll straight over on line - Two footed take off R: T-SET COUGH DROP R: T-SET HALF AIRPLANE R: CORK ROLL	B A	M	В .	A M		B A	M	В	A	M V	B /	A N	M	B	AI	M
ACK TUCK WITH KICKOUT BACK PIKE WITH KICKOUT 3/4 BACK LAYOUT (TO HANDS AND KNEES W/ PAD) - Only for athletes with competent back tuck, pike and layout BACK LAYOUT: - Look forward until toes are seen at flat back - Roll straight over on line - Two footed take off R: T-SET COUGH DROP R: T-SET HALF AIRPLANE R: CORK ROLL R: CORK 720	B A	M	В .	A M		B A	M	В	A	M	B /	A N	M	B	A	M
ACK TUCK WITH KICKOUT BACK PIKE WITH KICKOUT 3/4 BACK LAYOUT (TO HANDS AND KNEES W/ PAD) 3/4 BACK LAYOUT (TO STOMACH DROP W/ PAD) - Only for athletes with competent back tuck, pike and layout BACK LAYOUT: - Look forward until toes are seen at flat back - Roll straight over on line - Two footed take off R: T-SET COUGH DROP R: T-SET HALF AIRPLANE R: CORK ROLL R: CORK 720 R: MISTY ROLL	B A	M	B <i>A</i>	A M		B A	M	В	A	M	B	A N	M	B	A I	M
ACK TUCK WITH KICKOUT BACK PIKE WITH KICKOUT 3/4 BACK LAYOUT (TO HANDS AND KNEES W/ PAD) - Only for athletes with competent back tuck, pike and layout BACK LAYOUT: - Look forward until toes are seen at flat back - Roll straight over on line - Two footed take off R: T-SET COUGH DROP R: T-SET HALF AIRPLANE R: CORK ROLL R: CORK 720 R: MISTY ROLL MONKEY ROLL:	B A	M	B <i>A</i>	A M		B A	M	В	A	M	B //	A N	M	B. ~,	A	M
ACK TUCK WITH KICKOUT BACK PIKE WITH KICKOUT 3/4 BACK LAYOUT (TO HANDS AND KNEES W/ PAD) - Only for athletes with competent back tuck, pike and layout BACK LAYOUT: - Look forward until toes are seen at flat back - Roll straight over on line - Two footed take off R: T-SET COUGH DROP R: T-SET HALF AIRPLANE R: CORK ROLL R: CORK 720 R: MISTY ROLL MONKEY ROLL: - Misty roll, but after you land on your back do another misty	B A	M	B <i>A</i>	A M		B A	M	В	A	M	В //	A N	M	B. ~	A I	M
ACK TUCK WITH KICKOUT BACK PIKE WITH KICKOUT 3/4 BACK LAYOUT (TO HANDS AND KNEES W/ PAD) - Only for athletes with competent back tuck, pike and layout BACK LAYOUT: - Look forward until toes are seen at flat back - Roll straight over on line - Two footed take off R: T-SET COUGH DROP R: T-SET HALF AIRPLANE R: CORK ROLL R: CORK 720 R: MISTY ROLL MONKEY ROLL: - Misty roll, but after you land on your back do another misty roll to your back again without touching your feet in between	B A	M	B <i>A</i>	A M		B A	M	В	A	M	B	A N	M	B	A	M
ACK TUCK WITH KICKOUT BACK PIKE WITH KICKOUT 3/4 BACK LAYOUT (TO HANDS AND KNEES W/ PAD) - Only for athletes with competent back tuck, pike and layout BACK LAYOUT: - Look forward until toes are seen at flat back - Roll straight over on line - Two footed take off R: T-SET COUGH DROP R: T-SET HALF AIRPLANE R: CORK ROLL R: CORK 720 R: MISTY ROLL MONKEY ROLL: - Misty roll, but after you land on your back do another misty	B A	M	B <i>A</i>	A M		B A	M	В	A	M	B	A N	M	B	A	M
ACK TUCK WITH KICKOUT BACK PIKE WITH KICKOUT 3/4 BACK LAYOUT (TO HANDS AND KNEES W/ PAD) 3/4 BACK LAYOUT (TO STOMACH DROP W/ PAD) - Only for athletes with competent back tuck, pike and layout BACK LAYOUT: - Look forward until toes are seen at flat back - Roll straight over on line - Two footed take off R: T-SET COUGH DROP R: T-SET HALF AIRPLANE R: CORK ROLL R: CORK 720 R: MISTY ROLL MONKEY ROLL: - 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	B A	M	В 4	A M		B A	M	В	A	M	B //	A N	M	B	A	M
ACK TUCK WITH KICKOUT BACK PIKE WITH KICKOUT 3/4 BACK LAYOUT (TO HANDS AND KNEES W/ PAD) 3/4 BACK LAYOUT (TO STOMACH DROP W/ PAD) - Only for athletes with competent back tuck, pike and layout BACK LAYOUT: - Look forward until toes are seen at flat back - Roll straight over on line - Two footed take off R: T-SET COUGH DROP R: T-SET HALF AIRPLANE R: CORK ROLL R: CORK 720 R: MISTY ROLL MONKEY ROLL: - 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	B A	M	B <i>A</i>	A M		B A	M	В	A	M	B	A N	M	B	A	M
ACK TUCK WITH KICKOUT 3/4 BACK LAYOUT (TO HANDS AND KNEES W/ PAD) 3/4 BACK LAYOUT (TO STOMACH DROP W/ PAD) - Only for athletes with competent back tuck, pike and layout BACK LAYOUT: - Look forward until toes are seen at flat back - Roll straight over on line - Two footed take off R: T-SET COUGH DROP R: T-SET HALF AIRPLANE R: CORK ROLL R: CORK 720 R: MISTY ROLL MONKEY ROLL: - 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 A	M	B A	A M		B A	M	В	A	M	B	A N	M	B	A	M

TRAMPOLINE GROUP:					***************************************	***********	T	-		Ī			Τ			T		
B = BASIC $A = ADVANCED$ $M = MASTER$																		
Lesson 14 Skills	В	Α	М	В	Α	M	В	Α	M	В	Α	М	В	Α	М	В	Α	M
3/4 FRONT, BOUNCE UP TO FEET (W/ GOOD FORM)				<u> </u>								***************************************	1					
3) - FRONT, 180 TO FEET				Ī		***************************************	Ī											
3/4 FRONT, TO STOMACH:																		
- Tuck then pike							İ											
3/4 FRONT, TO PORPOISE																		
3/4 FRONT, TO FRONT BALL OUT											··							
- Front flip off back to feet																		
R: FRONT TUCK	Ŀ																	
R: FRONT PIKE																		
R: PIKE BARANI																		
R: FRONT LAYOUT																		
R: BARANI									***************************************	\vdash	***************************************		T					
BARANI, 180:									-							-		
- Land barani then next bounce do an upright 180																		
- Make sure twist direction stays consistent								,										
FRONT FULL																		
Lesson 15 Skills	В	A	М	В	Α	Μ	В	Α	Μ	В	Α	Μ	В	Α	М	В	Α	М
R: LAYOUT BACK DROP																		
LAYOUT BACK DROP, TO BACK PULL OVER																	-	
R: BACK TUCK		····· · · · · ·																
R:-RACK PIKE												***************************************				e e		
3, BACK LAYOUT WITH PAD:																		
- No buckle	İ		ı									ÿ						
- Arms start above head									i									
- Eyes spot forward until flat back	: 		ļ															
- At flat back, arms move to "T" position - Eyes spot landing from upside down			İ						ļ									ı
- Land perfectly flat on stomach						ı			ł									
3/4 BACK LAYOUT WITHOUT PAD			一十															
3/4 BACK HALF WITH PAD:			一						\dashv									
- Spot landing first then do a late 180 to back drop						ł			l									ĺ
R: BACK LAY-OUT			一		**********	1			\neg									
R: CORK ROLL			一十			_	-					\dashv				******		一
R: CORK 720 WITH DIFFERENT GRABS			_			\neg					········	-						\dashv
CORK 900						\dashv			\dashv									\dashv
LINCOLN LOOP:			\dashv						\dashv									\dashv
- Flip toward opposite spin shoulder												İ			-			
-Left spinners flip right, Right spinners flip left						- 1			- 1						ı			
- Flip in tuck position																		
R: BACK TUCK						\neg												
FLAT 360 WITH JAPAN OR SAFETY GRAB																		
4																		

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TRAMPOLINE GROUP:	-			ľ			T	- manufacia		Τ					ACMENICATION OF THE SECOND	T		
B = BASIC $A = ADVANCED$ $M = MASTER$																		
Lesson 16 Skills	В	Α	M	В	Α	M	В	Α	М	В	Α	M	В	Α	M	В	A	М
R: 3/4 FRONT				<u> </u>			T									⇈		
R '4 FRONT, 180 TO FEET	1						T			1						┢		
R: 3/4 FRONT, TO STOMACH	1			 			╁			\vdash			 			1		
R: 3/4 FRONT, TO PORPOISE	╅						┢			 		····	\vdash			╁─		
R: 3/4 FRONT, TO FRONT BALL OUT	+-			-		-	╂			 	<u> </u>		 			\vdash		
3/4 FRONT, FRONT BALL OUT WITH KICK OUT:	-			┝			-			-			-			 		
- Kick out with arms down at flat back with quarter flip to go										l								
BARANI BALL OUT:	1						┢			 						╁┈		
- Late twist at first	1																	
R: FRONT PIKE	1						┢			İ						i —		
R: PIKE BARANI	1						 											
R: FRONT LAYOUT	1						-		***************************************	 								
R: BARANI	T								···	 						\vdash		
R: FRONT FULL	1				····					┞						┢		
R: MISTY ROLL	1															┢		······································
R: DOUBLE MONKEY ROLL	\vdash							,		-						 		
R: MISTY 540 WITH SAFETY GRAB	╁	~																
DOUBLE MISTY ROLL WARM UP:	1-				····	\dashv											····	
- Try to land on back with spine on the short sideways line										ŀ								
R: UNNATURAL MISTY ROLL	1-																	····
Le alexal over tation your	1		- 1			- 1						- 1						
UNNATURAL MISTY 540																		
	В	A	M	B	A	M	B	A	M	В	A	M	B	A	M	B	A	M
UNNATURAL MISTY 540	В	A	M	B	A	M	B	A	M	В	A_	M §	B	A	M	B	A	M
UNNATURAL MISTY 540 Lon 17 Skills	В	A	M	B	A	M	В	A	M	В	A	M	В	A	M	В	A	M
UNNATURAL MISTY 540 I on 17 Skills R: BACK TUCK	В	A	M	В	A	M	В	A	M	В	A	M y	B	A	M	B	A	M
UNNATURAL MISTY 540 I on 17 Skills R: BACK TUCK R: BACK PIKE R: 3/4 BACK FLIP	В	A	M	В	A	M	В	A	M	В	A	M. Is	В	A	M	B	A	M
UNNATURAL MISTY 540 I on 17 Skills R: BACK TUCK R: BACK PIKE	В	A	M	В	A	M	В	A	M	В	A	M.	В	A	M	В	A	M
UNNATURAL MISTY 540 I on 17 Skills R: BACK TUCK R: BACK PIKE R: 3/4 BACK FLIP 3/4 BACK HALF WITH PAD:	В	A	M	В	A	M	В	A	M	В	A	M	В ,	A	M	В	A	M
UNNATURAL MISTY 540 I on 17 Skills R: BACK TUCK R: BACK PIKE R: 3/4 BACK FLIP 3/4 BACK HALF WITH PAD: Land perfect in cough drop position	В	A	M	В.	A	M	B	A	M	B	A	M.	В	A	M	В	A	M
UNNATURAL MISTY 540 I on 17 Skills R: BACK TUCK R: BACK PIKE R: 3/4 BACK FLIP 3/4 BACK HALF WITH PAD: - Land perfect in cough drop position 3/4 BACK HALF WITHOUT PAD	В	A	M	В .	A	M	В	A	M	В	A	M ,	B	A	M	B	A	M
UNNATURAL MISTY 540 I on 17 Skills R: BACK TUCK R: BACK PIKE R: 3/4 BACK FLIP 3/4 BACK HALF WITH PAD: Land perfect in cough drop position 3/4 BACK HALF WITHOUT PAD R: BACK LAYOUT	В	A	M	В .	A	M	B	A	M	В	A	M	B	A	M	B	A	M
UNNATURAL MISTY 540 I on 17 Skills R: BACK TUCK R: BACK PIKE R: 3/4 BACK FLIP 3/4 BACK HALF WITH PAD: - Land perfect in cough drop position 3/4 BACK HALF WITHOUT PAD R: BACK LAYOUT BACK LAYOUT BACK LAYOUT, 180: - Bring arms to "T" position at flat back in layout - land on feet then do 180 on the next bounce	В	A	M	В	A	M	В	A	M	B	A	M.	В	A	M	В	A	M
UNNATURAL MISTY 540 I on 17 Skills R: BACK TUCK R: BACK PIKE R: 3/4 BACK FLIP 3/4 BACK HALF WITH PAD: - Land perfect in cough drop position 3/4 BACK HALF WITHOUT PAD R: BACK LAYOUT BACK LAYOUT, 180: - Bring arms to "T" position at flat back in layout - land on feet then do 180 on the next bounce BACK HALF WITH PAD:	В	A	M	В .	A	M	B	A	M	B	A	M •	В /	A	M	В	A	M
UNNATURAL MISTY 540 I on 17 Skills R: BACK TUCK R: BACK PIKE R: 3/4 BACK FLIP 3/4 BACK HALF WITH PAD: - Land perfect in cough drop position 3/4 BACK HALF WITHOUT PAD R: BACK LAYOUT BACK LAYOUT BACK LAYOUT, 180: - Bring arms to "T" position at flat back in layout - land on feet then do 180 on the next bounce BACK HALF WITH PAD: - Late twist	В	A	M	B	A	M	B	A	M	B	A	M.	В ,	A	M	В	A	M
UNNATURAL MISTY 540 I on 17 Skills R: BACK TUCK R: BACK PIKE R: 3/4 BACK FLIP 3/4 BACK HALF WITH PAD: - Land perfect in cough drop position 3/4 BACK HALF WITHOUT PAD R: BACK LAYOUT BACK LAYOUT, 180: - Bring arms to "T" position at flat back in layout - land on feet then do 180 on the next bounce BACK HALF WITH PAD: - Late twist 1 1/4 BACK FLIP	В	A	M	В.	A	M	B	A	M	B	A	M	В /	A	M	B	A	M
UNNATURAL MISTY 540 I on 17 Skills R: BACK TUCK R: BACK PIKE R: 3/4 BACK FLIP 3/4 BACK HALF WITH PAD: - Land perfect in cough drop position 3/4 BACK HALF WITHOUT PAD R: BACK LAYOUT BACK LAYOUT, 180: - Bring arms to "T" position at flat back in layout - land on feet then do 180 on the next bounce BACK HALF WITH PAD: - Late twist 1 1/4 BACK FLIP - Back tuck, spot landing, then pull it to back drop	В	A	M	В .	A	M	B	A	M	В	A	M.	В ,	A	M	В	A	M
UNNATURAL MISTY 540 I on 17 Skills R: BACK TUCK R: BACK PIKE R: 3/4 BACK FLIP 3/4 BACK HALF WITH PAD: - Land perfect in cough drop position 3/4 BACK HALF WITHOUT PAD R: BACK LAYOUT BACK LAYOUT, 180: - Bring arms to "T" position at flat back in layout - land on feet then do 180 on the next bounce BACK HALF WITH PAD: - Late twist 1 1/4 BACK FLIP - Back tuck, spot landing, then pull it to back drop R: CORK 720	В	A	M	B .	A	M	B	A	M	B	A	M.	В ,	A	M	В	A	M
UNNATURAL MISTY 540 I on 17 Skills R: BACK TUCK R: BACK PIKE R: 3/4 BACK FLIP 3/4 BACK HALF WITH PAD: Land perfect in cough drop position 3/4 BACK HALF WITHOUT PAD R: BACK LAYOUT BACK LAYOUT, 180: Bring arms to "T" position at flat back in layout land on feet then do 180 on the next bounce BACK HALF WITH PAD: Late twist 1 1/4 BACK FLIP Back tuck, spot landing, then pull it to back drop R: CORK 720 R: CORK 720 WITH GRABS	В	A	M	B .	A	M	B	A	M	B	A	M.	B	A	M	B	A	M
UNNATURAL MISTY 540 I on 17 Skills R: BACK TUCK R: BACK PIKE R: 3/4 BACK FLIP 3/4 BACK HALF WITH PAD: - Land perfect in cough drop position 3/4 BACK HALF WITHOUT PAD R: BACK LAYOUT BACK LAYOUT, 180: - Bring arms to "T" position at flat back in layout - land on feet then do 180 on the next bounce BACK HALF WITH PAD: - Late twist 1 1/4 BACK FLIP - Back tuck, spot landing, then pull it to back drop R: CORK 720 R: CORK 720 WITH GRABS CORK 900 WITH GRABS	В	A	M	В	A	M	B	A	M	B	A	M.	В ,	A	M	В	A	M
UNNATURAL MISTY 540 I on 17 Skills R: BACK TUCK R: BACK PIKE R: 3/4 BACK FLIP 3/4 BACK HALF WITH PAD: Land perfect in cough drop position 3/4 BACK HALF WITHOUT PAD R: BACK LAYOUT BACK LAYOUT, 180: Bring arms to "T" position at flat back in layout land on feet then do 180 on the next bounce BACK HALF WITH PAD: Late twist 1 1/4 BACK FLIP Back tuck, spot landing, then pull it to back drop R: CORK 720 R: CORK 720 WITH GRABS	B	A	M	B .	A	M	B	A	M	B	A	M	В ,	A	M	B	A	M

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TRAMPOLINE GROUP:	Γ		Alternative spins				T	CHARACTER ST.		T	Military	***************************************	T	New Yorks		T	Parameter 10	e de la constante de la consta
B = BASIC A = ADVANCED M = MASTER				1									İ					
Lesson 18 Skills	В	Α	M	В	Α	М	В	A	M	В	A	M	В	Α	M	R	Δ	M
R: UPRIGHT SPINS	1				•		Ē			Ħ			1			٢	/\	
R 4 FRONT, TO STOMACH	1			1						Ħ			╁╴			╁		
R: 3/4 FRONT, TO MULTIPLE PORPOISES (GOAL: 5	1			\vdash		·· ····	-			T			╁			\vdash		
R: 3/4 FRONT, TO FRONT BALL OUT			***************************************	┢			╁			╁		•	╁			┢		
R: 3/4 FRONT, TO BARANI BALL OUT	1-			┢			╁			╁			╁			╁		
R: FRONT TUCK	+			<u> </u>			┢			\vdash			-			┢		
FRONT TUCKS (UP TO 5 IN A ROW)	†					·	┢						╁			┢		
1 1/4 FRONT TUCK WITH A PAD	+					T	┢						 			┢		
- Don't flip faster than a normal front tuck	1																	
- Land in stomach drop				Ĺ									<u> </u>					
R: FRONT LAYOUT	<u>L</u>																	
R: BARANI																		
R: FRONT FULL																		
RUDI .																		
- 1 1/2 twisting front flip	<u> </u>									ļ			<u> </u>					
R: MONKEY ROLL								,					l					
- Spot forward before misty roll R: MISTY 540 WITH SAFETY GRAB	┼									<u> </u>				*****		ļ		
- Spot forward before misty			İ															
DOUBLE MISTY ROLL WARM UP:	<u> </u>												┝			 		
- Spot forward before misty																		
- Then spot trampoline before landing on back																		
DOUBLE MISTY FLIP SAFETY GRAB WITH PAD				-														
F NNATURAL MISTY ROLL					***************************************											3 d 3-		
R: UNNATURAL MISTY 540												Ì						
Lesson 19 Skills	В	4	М	В	A	М	В	Α	М	В	Α	М	В	Α	М	В	Α	Μ
R: BACK TUCK																	***********	
R: BACK PIKE			\neg															
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			7			T		······										
CORK 720			1			1	••••								T			
DOUBLE CORK ROLL WARM UP			7			_												
R: T-SET COUGH DROP			\neg			_			一			1						
UNNATURAL HALF AIRPLANE						十			一			_						
UNNATURAL CORK ROLL		·····	+			_			1	***************************************		_			\dashv			
UNNATURAL CORK 720						十			一									

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TRAMPOLINE GROUP:				Т			T	MINOR MARCHIN		T		4	T	Marie de la constante de la constante de la constante de la constante de la constante de la constante de la co		T		
B = BASIC $A = ADVANCED$ $M = MASTER$													l					
Lesson 20 Skills	R	Δ	M	I _R	Δ	M	R	Λ.	NΛ	R	^	NΛ	<u> </u>		Ν.Λ	<u>_</u>	Α	M
R: 3/4 FRONT	+		171	屵	<u> </u>	171	₽		101	1		IVI	٦		IVI		A	IVI
R OUGH DROP	╁			-			╁			\vdash			╁			┝	·	
R: nALF AIRPLANE	+			╂─			╂			╂─			├-			-		
R: BACK PIKE	+			╂—			╀		••••	┞			ļ.,			-		
R: 3/4 BACK LAYOUT	+			<u> </u>			_			-			<u> </u>			-		
ARABIAN	4			┞			<u> </u>			ļ			L			_		
- Sobaca, set a 3/4 back but twist before upside down so that																		
the trampoline can be spotted like in a crash dive	İ																	
- Half airplane to crash dive in one bounce													İ					
R: CORKS	1						l						┢			 		
R: DOUBLE CORK WARM-UP	1		•	1												-		
Lesson 21 Skills	R	Α	M	R	Δ Δ	ľΛ	R	Δ	N/I	R	Δ	M	R	Δ	M	R	A	N/I
LINCOLN LOOP IN BOTH DIRECTIONS	十								101	٥		171	٥		171	۳		171
360 NOSE (TOE) GRAB OR SAFETY GRAB	╁						┢		***********	_								
- Chest down, lower body stays upright																		
CORK 360:	1									_			_			-		
- Mix 360 nose grab with a loop to the side of the lead spin			i															
shoulder	blue															,		
CORK 540																		
R: FLAT 360 WITH DIFFERENT GRABS														······				
R: RODEO 540 WITH DIFFERENT GRABS																		
DOUBLE FLAT WARM-UP																		
L CATURAL FLAT 360																.81		
UNNATURAL RODEO 540												¥						コ
Lesson 22 Skills	В	A	М	В	Α	М	R	A	М	B	A	М	R	A	M	В	A	М
3/4 FRONT TO FEET (5 TIMES IN A ROW)	Ē	<u></u>			•					<u> </u>			_	··-		<u> </u>		\dashv
R: 3/4 FRONT TO STOMACH						\neg			\neg									
R: 3/4 FRONT TO MULTIPLE PORPOISES (GOAL: 5)									_		-							\dashv
FRONT TUCK TO 3/4 FRONT	ļ		一十			\dashv												\dashv
- Front tuck punch 3/4 front																		l
R: FRONT TUCK (5 in a row)			\neg															\neg
R: 1 1/4 FRONT TUCK WITH PAD						一						_			$\neg \dagger$			_
1 3/4 FRONT TUCK WITH PAD						\dashv						一			\dashv			
R: MISTYS	ļ ——		\dashv			\dashv			\dashv			\dashv						\dashv
R: DOUBLE MISTY WARM UP			\dashv						\dashv			\dashv					************	
R: DOUBLE MISTY SAFETY GRAB				····		\dashv			\dashv			_						\dashv
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TRAMPOLINE GROUP:	Γ			Т	***************************************		Τ			Т			T		***************************************	Т		
B = BASIC A = ADVANCED M = MASTER							ļ											
Lesson 23 Skills	В	A	М	В	A	M	В	A	М	В	Α	M	В		М	В	Α	M
BACK TUCK (5 in a row)	1		***************************************	T			ऻ			İ			1			1		
R ACK PIKE				T						Γ						1		
R: 3/4 BACK LAYOUT				T						Γ						T		
R: 3/4 BACK HALF										Γ			T				***************************************	
R: BACK LAYOUT	\top			Ī														
R: BACK HALF				Γ			Γ	*										********
R: BACK FULL				Γ		·····										Τ		
1 1/4 BACK TUCK WITH PAD												***************************************						
DOUBLE BACK TUCK IN BELT													Π		***************************************	Π		
Lesson 24 Skills	В	Α	М	В	Α	Μ	В	Α	М	В	Α	Μ	В	Α	М	В	A	М
R: MISTY 540																1		-
R: DOUBLE MISTY WARM UP																	*****	
R: DOUBLE MISTY SAFETY GRAB																		
													1			1		
R: CORK 720								- ,								l		
R: DOUBLE CORK WARM UP								,						··········				
R: DOUBLE CORK WARM UP DOUBLE CORK 1080								,										
R: DOUBLE CORK WARM UP DOUBLE CORK 1080 R: FLAT 360																		
R: DOUBLE CORK WARM UP DOUBLE CORK 1080								,										

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