

Trampoline Badge Skills

Badge 1

Straight Jump 5 times and stop
 Seat landing to feet
 Half twist Jump
 Straddle Jump touching the ankles
 Tuck jump touching the shins
 From hands and feet, fall to front landing, to feet
 Seat landing, to back landing
 Half twist Jump, straddle jump
 Straight Jump 10 times and stop
 Seat landing (straight) to feet
 Half twist Jump (straight)
 Repeat; Straddle Jump, straight jump 5X
 Repeat; Tuck jump, straight jump 5X
 From standing, front landing, to feet
 From standing back landing, to seat landing, to feet
 Half twist Jump, straddle jump, seat landing, to feet

Badge 2

Pike jump touching ankles
 Repeat; Seat landing, straight jump, 5X
 Repeat; Half twist Jump straight jump 5X
 Straddle Jump with stretch and touching ankles
 Tuck jump with stretch and touch shins
 From jumping front landing, to feet
 From jumping back landing, to feet
 Half twist, straddle jump, seat landing,
 to feet, half twist jump

Badge 3

Repeat; Pike jump, straight jump, 5x
 Full twist jump (straight)
 Pike jump with stretch and touching ankles
 Front landing (straight) to feet
 Back landing (straight) to feet
 Forward roll holding the ankles
 Forward roll with hands in the air
 Full twist, straddle jump, seat landing, to feet,
 half twist jump

Badge 4

Half twist to seat landing to feet.
 Seat landing half twist to feet
 Seat landing half twist to seat landing (swivel hips)
 Front landing to front landing to feet
 Back landing, to back landing to feet
 Front landing, half twist to seat landing to feet
 Full twist to seat landing to feet
 Full twist, straddle jump, seat landing,
 half twist to feet

Badge 5

Seat landing, full twist to feet.
 Seat landing, full twist to seat landing (roller)
 Seat landing, to front landing, to feet
 Front landing, to seat landing to feet
 Front landing, half twist to feet
 Back landing, half twist to feet
 Front landing, half twist to back landing
 Full twist routine upto and including move 5.

Badge 6

Back landing, half twist to front landing.
 Seat landing, half twist to front landing
 Back landing, full twist to seat landing
 Half twist to Front landing, to feet
 Half twist, to back landing to feet
 Seat landing, full twist to back landing
 Seat landing, half twist to back landing
 Full twist routine upto and including move 6.

Badge 7

Back landing, half twist to seat landing.
 Front landing, full twist to feet
 Back landing, full twist to feet
 Front landing, full twist to front landing
 Back landing, full twist to back landing (cat twist)
 Full twist to front landing, to feet
 Full twist to back landing
 Full twist routine up to and including move 8.

Badge 8

Seat landing, full twist to front landing.
 Front landing, full twist to seat landing
 Front landing, to back landing, to feet
 Back landing, to front landing to feet
 Front landing, half twist to front landing (cruise)
 Back landing, half twist to back landing (cradle)
 3/4 front somersault to back landing, to feet
 Full twist routine upto and including move 9.
 Back landing, pull over to feet.
 Front somersault (tucked)
 Back somersault (tucked)
 Front landing, full twist to back landing.
 Back landing, full twist to front landing.
 Tuck jump, front somersault (tucked), straight jump
 Tuck jump, back somersault (tucked), straight jump
 Full twist routine.

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| 1.) Full twist jump | 2.) Straddle jump | 3.) Seat landing |
| 4.) 1/2 twist to seat landing | 5.) 1/2 twist to feet | 6.) Pike jump |
| 7.) Back landing | 8.) 1/2 twist to feet | 9.) Tuck jump |
| 10.) Front somersault tucked | | |