

# 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  |                       |                  |