



Name Date

Certificate level 5	0	1	2	3	4	5
	\	/AULT				
L. Bouncing and scinning on addingulates.		Hadusing a spotter or				Helfted:
E HAX bounde = 4° 1/1 spin - 4k bource = 4° 1/1 spin - 1 - 1	No vo			Good	Autore regions	Horac
A Flant bandsoring				<u> </u>		
Block Plankoline Trampoline 2 mats						
4 Front layout to back Block - plankoline - 2 mats	Not yet	Including a spotter or it starts to look like it	OK	Good	Almost perfect	Perfect
5       Rourid off Small Linus   planks						
4 Handatandhald		S BASICS	4.0	4.5	00	0.5
1 Handstand hold	0 sec	5 sec	10 sec	15 sec	20 sec	25 sec
THWith Hands on paralleites						
.3. Chin levers						408
4 Lifting feet from L-shape to V-shape						
i alitana asetti i i i i i i i i i i i i i i i i i i	UNE\	EN BARS				
till Glide kip and badk hip direle				EL Labdel III	L Ambatberies I	
2 Drop kip	Not yet	Including a spotter or it starts to look like it	OK	Good	Almost perfect	Perfect
3 Squat on & stretched jump off	Hidt vat		E GK	- Cod	Antobtole (del	Fleffed III
4 Strap ber Tab swings					Antositre fiec	Peńs
5 Strap par: Kip & back hip circle	- Nat yat			- God	- Amestas ide	Helidel —
is (strabiter: High tab swhigs (gizint preps)		it states to look like it			HADIOSQUE 119C	Heffet I
		BEAM				
Low beam						
1   Split leap-split jump-sisprine		li starts to look like it			Amostosried	Hema III
2 Back walkover	Not yet	Including a spotter or it starts to look like it	OK	Good	Almost perfect	Perfect
BI   Front Walkdvan		La starte to lack like ti				
Higher beam			133333333333	12232222222		1333333333333
[4] [10] [0¢						
3 I Ganwheel						
6    /2   UFN IN PASSE IS /2 ITUM ON 1005		MINIMANIANI VIDILITY				
		XIBILITY				L Back built wat L
1 Spitieft	Ne ye		berebi -			
:21:Spitiright	No tet		Souther		Liabidot floxet L	- Hack optilioner - - brid flohtfoo, bri a
3 Widdle split	Norver					
4 Bridge Till Hill Hill Hill Hill Hill Hill Hill						
5 Switch leap left spring board	Not yet	It starts to look like it	OK	Good	Almost perfect	Perfect
6 Switch leap right spring board		Signs to look like it			- Amesteales	Heried
	j	LOOR			Ī	Ī
Round off to back handsprings and back tuck Hands in a trampoline	Not yet	Including a spotter or it starts to look like it	2 back handsprings good	& back tuck OK	& back tuck Good	& back tuck Perfect
From handsoring & handstand to back					- I Strandstand	- Ist tandstand
A Flands in altrampoline		ii sans ciivok iilelii				
- Aldrial	I ING Ver				Amost perieci	Perieci
A Back handspring step out On a laser beam	No ye				Almbai barfebil	Perfebil I
5 Handstand and spinning						
6 Back extension roll to a handstand	Not yet	Including a spotter or	OK	Good	Almost perfect	Perfect

