

NAME:

TSNY Trampoline Sign-Off Sheet

You must have the ability to consistently perform individually all of the techniques listed in prior levels before being allowed to move on to any in the next level. You must also be able to perform several or all of these techniques continuously in a single pass, which must be done in the presence of a senior trampoline instructor who will then sign off on your progression.

Level 1: BEGINNER	
<input type="checkbox"/> Arms-down jumping	<input type="checkbox"/> Back drop
<input type="checkbox"/> Arm-swing jumping	<input type="checkbox"/> Chest drop
<input type="checkbox"/> Standing twisting jumps	<input type="checkbox"/> Back drop, half to standing
<input type="checkbox"/> Tuck/pike/straddle jumps	<input type="checkbox"/> Standing, falling half to back drop
<input type="checkbox"/> Seat drop	<input type="checkbox"/> Turntables
<input type="checkbox"/> Seat drop, half-twist to standing	<input type="checkbox"/> Continuous back drops
<input type="checkbox"/> Swivel-Hips	
Instructor Signature: _____	Date: / /

Level 2: NOVICE	
<input type="checkbox"/> Chest drop, half to back	<input type="checkbox"/> Cruises (chest drop, half to chest drop)
<input type="checkbox"/> Back drop to chest drop	<input type="checkbox"/> Porpoise (3/4 Front or suicide) preps
<input type="checkbox"/> Cradles (back drop, half to back drop)	<input type="checkbox"/> Stable, higher-level jumping
Instructor Signature: _____	Date: / /

Level 3: INTERMEDIATE	
<input type="checkbox"/> Pull-Overs (back drop, backwards rotation to sitting/feet/back)	
<input type="checkbox"/> Back drop, full twist to back drop	
<input type="checkbox"/> 3/4 Fronts (suicides: handstand/swan dive)	
<input type="checkbox"/> Porpoises (shoulder bounce, front rotation to shoulder bounce)	
Instructor Signature: _____	Date: / /

Once in the Pre-Advanced or Advanced levels, lines are no longer required for techniques covered in *previous* levels, however any technique past intermediate must still be trained in lines or under the spotting of a senior trampoline instructor.

Level 4: ADVANCED	
<input type="checkbox"/> Back drop, double twist to back drop	<input type="checkbox"/> Ball-Outs
<input type="checkbox"/> Back drop, 1.5 twist to back drop	<input type="checkbox"/> Baranis
<input type="checkbox"/> Somersaults (front/back, tuck/pike/lay)	<input type="checkbox"/> Codys
<input type="checkbox"/> 3/4 back layout to chest drop	
Instructor Signature: _____	Date: / /

Level 5: ELITE	
Multiple, twisting, and/or continuous somersaults	
Ball-out combinations, Fliffis, Triffis, Randi, Rudi, Adolf, etc.	