

Double Mini Trampoline Senior Club Coach (Cycle 6) Syllabus

Practical delivery:

Front somersault with 1 and a half twists straight (Rudy)

Front somersault with 2 and a half twists straight (Randy)

Back somersault with full twist straight

Back somersault with double twist straight

Back somersault with triple twist straight

Double back somersault tucked

Double back somersault piked

Double back somersault straight

Double back half out straight

Double front somersault tucked

Double front somersault piked

Arabian double front tucked

Arabian double front piked

Double front half out tucked

Double front half out piked

Double front half out straight

Barani back out tucked

Barani back out piked

Barani back out straight

