

Double Mini Trampoline (DMT) International Performance Coach (Cycle 5) Syllabus

Forward Somersaults:

Double somersault with 1 twist in and 1½ twist out (Full In Rudi Out)

Double somersault 2½ twist out (Randi Out)

Double somersault half twist in and 2 twists out

Triple somersault with ½ twist out – tucked and piked

Other forward triple somersaults with twist

Backward Somersaults:

Double somersault with ½ twist in and 1½ twist out

Double somersault with 1 twist in and 1 twist out

Double somersault with 2 twists out

Double somersault with 1½ twist in and 1½ twist out

Other double somersaults with 3 twists

Double somersault straight

Triple somersault straight

Triple somersault with ½ twist in ½ twist out

Other triple somersaults with twist

Other Advanced skills:

Recently developed and future skills, which may be performed at world level