

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

DMT skills:

Double front with $\frac{1}{2}$ twist out ($\frac{1}{2}$ Out)

Double front with $\frac{1}{2}$ twist in ($\frac{1}{2}$ In)

Double front with 1 twist in and $\frac{1}{2}$ twist out
(Full In $\frac{1}{2}$ Out)

Double front with $\frac{1}{2}$ twist in and 1 twist out
(Barani In Full Out)

Double front with $1\frac{1}{2}$ twist out (Rudi Out)

Double back somersault with $\frac{1}{2}$ twist in
and $\frac{1}{2}$ twist out ($\frac{1}{2}$ In $\frac{1}{2}$ Out)

Double back somersault back in with
1 twist out (Back In Full Out)

Double back somersault with 1 twist in
(Full In Back Out)

Linking the skills above without
intermediate jumps

