

## Trampoline Gymnastics High Performance Coach (Cycle 6) Syllabus

### **Skills:**

Full in full out (8 2 2 /)

1½ in ½ out (8 3 1 o & <)

½ in Rudy out (8 1 3 o & <)

Miller (8 3 3 /)

Full in double full out (8 2 4 /)

Randy out (8 – 5 o & <)

½ in Randy out (8 1 5 o & <)

Full in Rudy out (8 2 3 /)

2¾ front ss (11 – – – o & <)

Triple back ss (12 – – – o & <)

Half out Triffis (12 – – 1 o & <)

½ in ½ out Triffis (12 1 – 1 o & <)

Full in ½ out Triffis (12 2 – 1 o & <)

Rudy out Triffis (12 – – 3 o & <)

½ in Rudy out Triffis (12 1 – 3 o & <)