

Trampoline Gymnastics International Performance Coach (Cycle 5) Syllabus

Trampoline Skills:

Forward Somersaults

Double somersault with 1/1 twist in and 1½ twist out

Double somersault with 2½ twist out

Double somersault half twist in and 2/1 twist out

2¾ somersault (tucked and piked)

2¼ somersault initiated from the back with ½ twist out / tucked / piked

Triple somersault with ½ twist out – tucked and piked

Other forward triple somersaults with twist

Trampoline Skills continued:

Backward Somersault

Double somersault with ½ twist in and 1½ twist out

Double somersault with 1/1 twist in and 1/1 twist out

Double somersault with 2/1 twist out

Double somersault with 1½ twist in and 1½ twist out

Other double somersaults with 3/1 twist ½ twist into 2¾ somersault

Double somersault straight

Triple somersault tucked, piked and straight

Triple somersault with ½ twist in and ½ twist out

Other triple somersaults with twist