

# Greenwich Bouncers

## Trampoline Academy



### AWARD 6

#### Compulsory moves:

- ⚡ Seat drop, half twist to feet
- ⚡ Seat drop, half twist to feet, seat drop, to feet
- ⚡ Half twist to seat drop, to feet
- ⚡ Full twist jump
- ⚡ Front drop, to feet
- ⚡ Pike jump
- ⚡ Forward roll

#### Routine 1

1. Straddle jump
2. Seat drop
3. to feet
4. Tuck jump
5. Half twist jump
6. Pike jump
7. Seat drop
8. Half twist to feet
9. Straight jump
10. and stop

**Tariff: 0.4**

#### Routine 2

1. Seat drop
2. to feet
3. Straddle jump
4. Half twist jump
5. Tuck jump
6. Pike jump
7. Full twist
8. Straight jump
9. and stop
- 10.

**Tariff: 0.4**

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### AWARD 7

#### Compulsory moves:

- ⚡ Half twist to seat drop, half twist to feet
- ⚡ Seat drop, half twist to seat drop to feet, (swivel hips)
- ⚡ Back drop, to feet
- ⚡ Hands and knees forward turnover, to back, to feet
- ⚡ Seat drop, to hands and knees, to feet
- ⚡ Seat drop, to hands and knees, to feet
- ⚡ Front drop, to feet, seat drop, to feet

Routine 1		Routine 2	
1.	Front drop	1.	Full twist jump
2.	To feet	2.	Straddle jump
3.	Tuck jump	3.	Seat drop
4.	Half twist jump	4.	To feet
5.	Seat drop	5.	Tuck jump
6.	To feet	6.	Half twist jump
7.	Pike jump	7.	Pike jump
8.	Full twist jump	8.	Tuck jump
9.	Straight jump	9.	Front drop
10.	and stop	10.	to feet
<b>Tariff: 0.5</b>		<b>Tariff: 0.5</b>	

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### AWARD 8

#### Compulsory moves:

- ⚡ Seat drop to front drop, to feet
- ⚡ Front drop to seat drop, to feet
- ⚡ Front drop, half twist to feet
- ⚡ Half twist to front drop, to feet
- ⚡ Back drop, half twist to feet
- ⚡ Half twist to back drop, to feet
- ⚡ Five back bounces

#### **Routine 1**

1. Straddle jump
2. Seat drop
3. Half twist to feet
4. Pike jump
5. Front drop
6. to feet
7. Tuck jump
8. Hands and knees
9. forward turnover to back
10. to feet

**Tariff: 0.7**

#### **Routine 2**

1. Front drop
2. to feet
3. Straddle jump
4. Half twist jump
5. Seat drop
6. Half twist to seat
7. Half twist to feet
8. Tuck jump
9. Pike jump
10. Full twist jump

**Tariff: 0.7**

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### AWARD 9

#### Compulsory moves:

- ✚ Front drops (piked and straight) to feet
- ✚ Back drops (piked and straight) to feet
- ✚ Front drop to back drop, to feet
- ✚ Back drop to front drop, to feet
- ✚ Three quarter forward turnover to back, to feet
- ✚ Seat drop, full twist to seat, to feet (roller)
- ✚ Backward roll

#### **Routine 1**

1. Front drop
2. to feet
3. Straddle jump
4. Half twist jump
5. Seat drop
6. Half twist to feet
7. Tuck jump
8. Pike jump
9. Back drop
10. Half twist to feet

**Tariff: 0.6**

#### **Routine 2**

1. Full twist jump
2. Straddle jump
3. Seat drop
4. Half twist to seat
5. Half twist to feet
6. Pike jump
7. Back drop
8. Half twist to feet
9. Tuck jump
10. Half twist jump

**Tariff: 0.9**

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### AWARD 10

#### Compulsory moves:

- ⚡ Seat drop, half twist to back drop, to feet
- ⚡ Back drop, half twist to back drop (Cradle)
- ⚡ Shaped back bounces (3 tucked, 3 piked and 3 straddled)
- ⚡ Hands and knees forward turnover, with tuck extension to seat, to feet
- ⚡ Front drop or back drop, full twist to feet
- ⚡ Full twist to seat drop or back drop
- ⚡ Back drop, back pullover to feet
- ⚡ Front somersault (tucked) or back somersault (tucked)

#### **Routine 1**

1. Full twist jump
2. Straddle jump
3. Seat drop
4. Half twist to seat drop
5. Half twist to feet
6. Pike jump
7. Back drop
8. Half twist to feet
9. Tuck jump
10. Front somersault (t)

**Tariff: 1.3**

#### **Routine 2**

1. Back somersault (t)
2. Straddle jump
3. Seat drop
4. Half twist to seat drop
5. Half twist to feet
6. Pike jump
7. Back drop
8. Half twist to feet
9. Tuck jump
10. Full twist jump

**Tariff: 1.3**