

Greenwich Bouncers

Trampoline Academy



AWARD 11

Compulsory Moves:

- ⚡ Front s/s (p)
- ⚡ Shaped jump, front s/s (p) 1/2 twist, repeat x3
- ⚡ Back s/s (s or p)
- ⚡ Back s/s (s or p), Straddle jump, repeat x5
- ⚡ Back s/s (t)
- ⚡ Back s/s (t), tuck jump, repeat x 5
- ⚡ Back s/s (t), seat drop
- ⚡ 3/4 front s/s to back, 1/2 twist to feet, shaped jump, repeat x3
- ⚡ 3/4 front s/s to back, to front landing

Optional Moves:

- ⚡ Back pullover to front drop
- ⚡ Front drop to back drop to front drop to back drop to front drop
- ⚡ 1 1/2 twist jump
- ⚡ Seat drop, 1 1/2 twist to feet
- ⚡ Front drop, full twist to feet
- ⚡ Cat twist

Body Prep:

On floor:

- ⚡ Hold crash dive position for 10 seconds
- ⚡ 20 Dorsal raises without stopping
- ⚡ 30 Heel raises
- ⚡ 20 crunches
- ⚡ Basic core stability exercises

On bed:

- ⚡ 10 consecutive tucks, straddles, pikes,
- ⚡ 10 back bounces
- ⚡ 5 consecutive swivel hips with legs locked straight

Compulsory Routine

1. Back s/s (s or p)
2. Straddle jump
3. Tuck back s/s
4. 1/2 twist
5. Tuck jump
6. Seat drop
7. 1/2 twist to feet
8. Full twist jump
9. Pike jump
10. Front s/s (p)

Tariff: 1.7

Key: s/s: somersault
s/l: straight legs
bbo: barani ball out



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AWARD 12

Compulsory Moves:

- ✦ Barani sl
- ✦ Barani sl, 1/2 twist jump, straddle jump, x 3
- ✦ Barani sl, seat drop
- ✦ Back s/s (p or s)
- ✦ Back s/s (p or s), shaped jump, x5
- ✦ Crash dive (s)
- ✦ Crash dive (s), 1/2 twist to feet, shaped jump x 3
- ✦ Back s/s (t) to seat, 1/2 twist to feet
- ✦ Back s/s (t), back drop
- ✦ Back s/s (t), front s/s (p)

Optional Moves:

- ✦ 3/4 back s/s (s) (lazy back), to feet
- ✦ Back pullover, 1/2 twist to back landing
- ✦ 1/2 twist to 3/4 forward turnover
- ✦ Back drop, 1 1/2 twist to feet
- ✦ Front drop 1/2 twist to front drop (Cruise)
- ✦ Tuck back to seat, 1/2 twist to feet, tuck back

Body Prep:

On floor:

- ✦ 5 consecutive V sits
- ✦ 10 press ups, continuous
- ✦ 30 dorsal raises without stopping
- ✦ Front support held for 30 secs
- ✦ Dish held for 30 secs
- ✦ 30 hops, each foot
- ✦ Lying leg stabilisation, 5 reps, 3 sets
- ✦ Holding pike shape touching toes, 5 secs

On bed:

- ✦ 15 consecutive tucks, straddles, pikes,
- ✦ 5 consecutive cradles
- ✦ 15 straight bounces with arms held above head

Compulsory Routine

1. Back s/s (s)
2. Straddle jump
3. Barani s/l
4. Full twist
5. Tuck jump
6. Tuck back to seat
7. 1/2 twist to feet
8. 1/2 twist jump
9. Pike jump
10. Front s/s (p)

Tariff: 2.7



Key: s/s: somersault
s/l: straight legs
bbo: barani ball out

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Compulsory: All tucked and piked moves to have line outs (kick outs) from this award and above

AWARD 13

Compulsory Moves:

- + Barani (t) & (p)
- + Back s/s (t), Barani (t)
- + Back s/s (p), Barani (p)
- + Back s/s, Barani, shaped jump, x3
- + Back s/s (s), ½ twist jump, shaped jump x3
- + Crash dive (s)
- + Back to back (t)
- + Crash dive, Bounce roll, ½ twist to feet
- + ¾ Back s/s (s), through straight to back landing
- + Barani, back drop

Optional Moves:

- + ¾ back s/s (s) ½ twist to back landing
- + Barani to front landing
- + Double cat twist
- + Corkscrew
- + ¾ back, Cruise to front drop
- + 3 Bounce rolls

Body Prep:

On floor:

- + 10 consecutive V sits
- + 15 press ups, continuous
- + 30 twisting dorsal raises without stopping
- + 30 twisting crunches
- + Hold sitting pike shape for 10 secs touching toes
- + Handstand
- + 10 double leg squats

On bed:

- + 20 consecutive tucks, straddles, pikes,
- + 10 consecutive cat twists or cradles
- + 10 consecutive back bounces (p)

Compulsory Routine

1. Back s/s (s)
2. Barani (p)
3. Straddle jump
4. Back s/s (t)
5. Barani (t)
6. Tuck jump
7. Back s/s (t) to seat
8. ½ twist to feet
9. Pike jump
10. Front s/s (p)

Tariff: 3.5



Key: s/s: somersault
s/l: straight legs
bbo: barani ball out

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AWARD 14

Compulsory Moves:

- + Barani (s)
- + Back s/s (s), Back s/s (t)
- + Barani (p), Back s/s (p)
- + Back s/s, Barani, repeat in different shapes, x3
- + 1 ¼ front to front (t) to feet
- + Crash dive, ball out (t), ½ twist jump
- + Back s/s (t, p or s) with ½ twist
- + ½ twist to Crash dive, ½ twist to feet
- + Full twisting front s/s
- + Front s/s (p), front s/s (t)

Optional Moves:

- + Barani to back
- + Barani to back, ½ twist to front
- + 1 ¼ front s/s (p) - mat allowed
- + ¾ front s/s, cruise and duck under to back landing
- + Back s/s (t), Crash dive, Ball out (t)
- + ¾ Barani with ½ twist to back landing

Body Prep:

On floor:

A circuit repeated twice with 30 secs between each item containing:

- + 10 consecutive V sits
- + 10 continuous press ups
- + 30 dorsal raises
- + 30 twisting crunches
- + 10 single leg squats each leg

Handstand held for 5 secs

Compulsory Routine

1. Back s/s (s)
2. Barani (s)
3. Back s/s (t)
4. Straddle jump
5. Back s/s (p)
6. Barani (t)
7. Back s/s (p) to seat
8. ½ twist to feet
9. Pike jump
10. Front s/s (p)

Tariff: 4.8



Key: s/s: somersault
s/l: straight legs
bbo: barani ball out

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AWARD 15

Compulsory Moves:

- + Crash dive, Barani ball out (t)
- + Back s/s (t), Crash dive, BBO (p)
- + Full twisting Back s/s
- + Back s/s, Barani, Full, tuck jump
- + Rudi
- + 1 $\frac{3}{4}$ front ss (t)
- + Back s/s (s), Back s/s (p), Back s/s (t) x2
- + $\frac{3}{4}$ Back s/s (s), Codi (t)
- + Back s/s (t), $\frac{3}{4}$ back s/s (s), Codi (t)
- + Back s/s (s), Barani (s), Back s/s (p), Barani (p), Back s/s (t), Barani (t)

Optional Moves:

- + $\frac{1}{2}$ twist into front s/s (Arabian front)
- + $\frac{1}{2}$ twist into 1 $\frac{1}{4}$ front s.s (t or p) – mat allowed
- + Side s/s
- + Front kaboom to feet
- + Back kaboom to feet
- + Barani with cruise to front, OR
- + Full twisting front s/s to front drop
- + $\frac{3}{4}$ back s/s, full twisting cody
- + Triple cat twist
- + Ball out to front drop – mat allowed

Body Prep:

On floor:

A circuit repeated thrice with 30 secs between each item containing:

- + 10 consecutive V sits
- + 10 continuous press ups
- + 30 dorsal raises
- + 30 twisting crunches
- + 10 single leg squats each leg
- + 30 secs heel raises

Handstand held for 5 secs

Compulsory Routine

Or any routine 5.6 or more

- | | |
|-----------------|--------------------|
| 1. Back s/s (s) | 6. Back s/s (t) |
| 2. Barani (s) | 7. Crash dive |
| 3. Back s/s (p) | 8. Barani ball out |
| 4. Barani (p) | 9. Front s/s (p) |
| 5. Barani (t) | 10. Front s/s (t) |

Tariff: 5.6

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