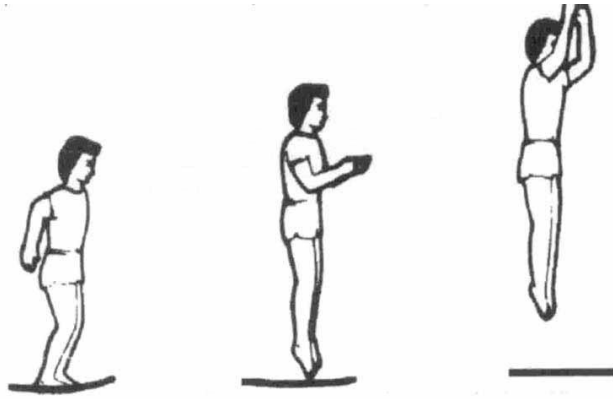


# Straight Jump



**Stay in the middle of the trampoline**

**Focus on the end of the bed throughout the jump**

**Straight knees**

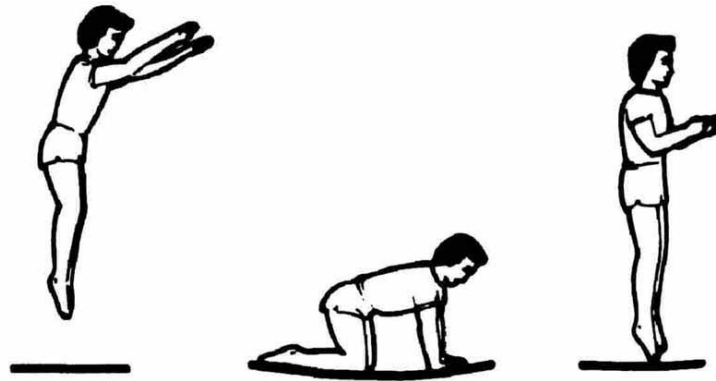
**Pointed toes**

**Bring legs together whilst in flight**

**Feet land apart**

**Arms straight above head**

# Hand & Knee Landing



**Start from standing**

**Land on the bed on hands and knees**

**Arms shoulder width apart**

**Knees Shoulder width apart**

**Back should be horizontal to the bed**

**Knees and Hands should land together**

**Push with hands and come back up to standing**

# Seat Landing



**Start from a small bounce**

**Land in a flat sitting position**

**Legs should land horizontally**

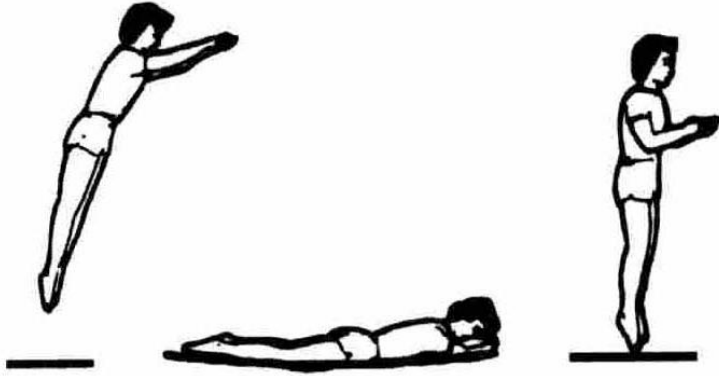
**Legs together**

**Hands behind and to the side of hips**

**Hands flat with fingers pointing forwards**

**Push with hands to return to a standing position**

# Front Landing



**Start from hands and knees, then standing then from jumping.**

**Arms make a diamond shape in front of face when landing**

**Knees are bent so feet are away from bed of trampoline**

**Look ahead**

**Push feet backwards so stomach stays in middle of trampoline**

**Land arms, stomach and legs at same time**

**Push with arms to return to standing position**

# Back Landing



**Start with low bounce and land on your back**

**Legs together at a 90° Angle to hips**

**Arms straight, slightly wider than shoulder width apart**

**Toes pointed with a good core body tension.**

**Push shoulders and head into the bed to return to standing**

**Kick forward and up with legs when returning to standing**

# Half Turntable



**You must be able to perform a front landing before attempting this skill**

**Start from front drop position and push left or right with hands**

**Keep head and shoulders pointing in the same direction**

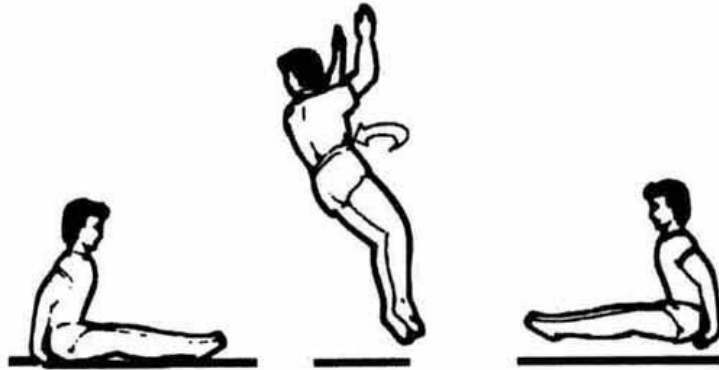
**Keep back parallel to the bed and head up**

**Tuck legs in to begin with to assist rotation then try keeping legs extended**

**After completing 1/2 turn, land in front drop position**

**Push with arms to return to standing**

# Swivel Hips



**You must be able to perform a seat landing before attempting this skill**

**Turn head and throw arms up and to left or right (look under arm)**

**Hips turn in same direction completing the twist**

**Legs remain together throughout flight**

**Bring arms down in time**

**Land in seat landing position**

**Push off of hands to return to standing**

# Half & Full Twist



**Body upright and straight**

**Look at the end of the bed and then follow around in the direction of the twist**

**Legs together**

**Keep arms straight above head**

**Bring arms down to land**

**Try turning both ways because you normally have a favoured direction**

**Feet separate on landing**



# Straddle Jump



<b>Straight legs</b>
<b>Straight arms</b>
<b>Pointed toes</b>
<b>Legs at least shoulder width apart</b>
<b>Reach arms to touch legs</b>
<b>Raise arms to land</b>

# Tuck Jump



**Legs together**

**Hands holding onto shins**

**Pointed toes**

**Knees pulled into chest**

**Head looking at the end of the bed**

**Land with arms above head**

# Pike Jump



**Legs together**

**Straight legs**

**Pointed toes**

**Legs horizontal**

**Hands reach to touch feet**

**Arms straight**