

NAME:

TTT Bronze		Date started:	/	/	/
Trampoline	Holding strong front support bounce forwards and then back the length of the bed				
	As above, side to side				
	Hands and knee forwards turn-over, back then feet				
	Back drop from static start				
	Flick prep to land on back (bounce feet forwards keeping hands back)-mat				
	Perform 10 shape jumps continually showing strong body shapes and remaining on the +				
Tumble	Rebound jumps over pit-foam blocks				
	Blocks+mat- Roundoff off, rebound to back				
	Handspring into pit				
	Handspring off block (or higher) to land				
Trampoline	Roundoff rebound				
	Heel kicks with hands on the table				
	Reverse tramp- bounce into flat back (2-3 mats)				
Trampoline	Show correct arm position in takeoff in preparation for a front somie- straight jump landing				
	Straddle jump showing fast legs and good extension				
Preparation	Handstand jumps				
	Handstand shrugs against wall x10				
	Fast handstand against wall or coach				
	Demonstrate fall, push and arm-swing of flick onto platform				
	Rebound bounces over pit foam with tight legs, feet together x10 continuous				
Completed:		/	/	/	Slip Given By

TTT Silver		Date started:	/	/	/	
Trampoline	Holding strong front support bounce from hands to feet x 10					
	Handspring from step high knee and rebound					
	Flyspring					
	Hand + knee forwards turn-over, to feet					
	Backwards turnover from straddle stand holding ankles					
	Flick prep supported to handstand then front (mat)					
	Supported front somersault- gymnast must be initiating rotation					
	Supported backwards somersault- gymnast must initiate rotation					
	Tumble	Rebound tuck/ straddle jumps over pit-foam blocks				
		Donkey kick off box top to rebound onto box top				
Continuous roundoffs						
Handspring into pit matted landing						
Jump to shoulders up onto raised platform (shoulder height)						
Trampoline	Supported front somersault- gymnast must be initiating rotation					
	Reverse tramp- bounce into flyspring					
	Reverse tramp- Supported flick showing fall, armswing, step out					
	Handspring flat back onto platform (block + mat minimum)					
Preparation	Handstand jumps					
	Handstand shrugs against wall 2x10- slow down, fast up					
	Fast handstand against coach with push off					
	Safety mat- from kneeling, back somersault prep to land in tuck on back					
	Completed:		/	/	/	Slip Given By

TTT Gold		Date started:	/	/	/
Trampoline	Hold strong front support bounce from hands, feet, hands, tuck back turnover (tsuk prep)				
	Flyspring rebound to hstand on block				
	Front somersault on +				
	Back somersault on +				
	Rebound flick on mat				
Tumble	Blocks+mats- Handspring off, rebound to handstand flat back				
	Blocks+mats- Roundoff off, rebound to handstand (assisted)				
	Run into handspring rebound				
	Run to punch front to land in matted pit				
Trampoline	Roundoff flick onto matted pit (light assistance)				
	Front somersault				
	Reverse tramp- walk-out flick				
	Flick on fast track				
Preparation	Supported consecutive flicks on fast track				
	Handstand jump up from floor to roll (conti) mat or slope with straight arms				
	Straight front between blocks				
	From standing on block rebound onto tumble and back up onto another block with straight legs x10				
	As above but jumping backwards off the block to rebound back to the same block, hips forwards and arms up x 10				
Gymnast can still competently perform exercises from this section on Bronze and Silver					
Completed:		/	/	/	Slip Given By

NAME:

Acro Bronze		Date started: / /	
Pairs	Supported handstand		
	Standing on one knee		
	Base kneeling, top in counter-balance		
	Bunk beds		
	Base kneeling, top standing on shoulders		
Groups	Kneeling balance		
	One foot stand		
	Counter-balance, top facing inwards		
	Thigh balance		
	Balances in 4's, with top in handstand		
Completed: / /		Slip Given By	

Acro Silver		Date started: / /	
Pairs	Counter-balance		
	Roll into assisted jump		
	Base lying with top standing on hands		
	Front angel		
	Back angel		
Groups	Counter-balance, top facing inwards		
	Top stands on base's knees supporting a balance		
	Base lying, supporting middle with top standing on the knees		
	Supported shoulder stand		
	Bunk beds variations		
Completed: / /		Slip Given By	

Acro Gold		Date started: / /	
Pairs	Pull through to stand on knees		
	Free balance on base's knees		
	Free Shoulder stand		
	Base kneeling on one knee, top in handstand		
	Top backwards roll to base into supported jump		
Groups	Bases kneel, top standing on shoulders and middle in handstand		
	Top in splits between partners' shoulders		
	Base lying with top standing on hands, supporting a counter-balance		
	Thigh balance with a supported handstand on the floor		
	Base kneeling, top standing on shoulders, middle standing on the base's knees		
Completed: / /		Slip Given By	