

GOLD

Student Name: _____

AIRTRACK	PRO ZONE	RED ZONE	AIR BAG
Standing back tuck & pikes	Trampolining height	Front saults full length over red	TRAMP
Standing back tuck punch front	All straight sault shapes	Barani over red to whip , full twist	Arabian
All front and side saults	Full twists and 720	Standing whip whip	Front layout 360
Front aerials and tosses	Kick full twist	Standing Full twist	720 twists
Standing handspring to tuck saults	Stall saults with shapes	Whip, arabian	Double fronts sault
Roundoff full twist	Front layout 360	Front sault onto red box	Double back sault
Roundoff whip, layout, punch front	Kaboom to tuck back	Back sault or 360 off box	Full in double back
Frontsault step out roundoff	Cody to tuck back	Front layout 360, punch front	Double Side sault
Arabian sault step out	Double back saults	Barani over black boxes	
360 Dive Roll	Double Front Saults	Front 360 over black boxes	BOX AT TRAMP - Corbet
One handed back handspring	Kaboom front 1 & 1/2	Side sault on, off box	Whip to full twist
Rolling tinseca's	Kaboom Back tuck or 360	Step gainer off wall / tuck back	Full twist to full twist
Valdez to back tuck	Gainer, switch gainer, gainer full		Whip to double back
cartwheel to back tuck	Corkscrew		

STRENGTH	TRICKING	WALL RUNNING	AIR ROLL
20 v sits	Parafuso	cartwheel handstand drop in	Kong, thief, reverse kong
20 push ups	Gumbi	Back tuck 1 1/2 to tramp	Barrel, shoulder, d leg
5 handstand push ups on wall	Cart Scissor	360 spin on wall	Roundoff and Barani
Handstand full turn	360 Handstand roll	Palm Flip	1/2 turn bounce tuck back
Straddle press to handstand	Gainer	Back tuck on wall	Roundoff layout over
Straddle planche on one elbow	540 Kick	Spiderman twist to back	D flip
15 pistols each leg	One arm croc	Reversal & reversal 540	
10 standing back tucks	Backside 720	Side drops back to platform	
		Front drop egg roll back to platform	