

personal achievement chart

Award 13

Name.....



activities	date	signature
Compulsory		
1. Barani tucked		
2. Barani piked		
3. Back somersault tucked, Barani tucked		
4. Back somersault piked, Barani piked		
5. Back somersault, Barani, shaped jump x 3		
6. Back somersault straight, half twist jump, shaped jump x 3		
7. Back somersault tucked to back landing		
8. Three quarter front somersault straight, bounce roll, half twist to feet		
9. Three quarter back somersault straight, through straight to back landing		
10. Barani, jump to back landing		
Routine		
A six somersault routine, including a back somersault to Barani link		
Optional - achieve any 4 out of the 6 activities		
1. Three quarter back somersault straight with half twist to back landing		
2. Three quarter Barani to front landing, or three quarter front somersault with half twist to front landing		
3. Double cat twist		
4. Corkscrew		
5. Three quarter back, half twist (cruise) to front landing		
6. Three bounce rolls		



proficiency awards
trampoline