

personal achievement chart

Award 15

Name.....



activities	date	signature
Compulsory		
1. Three quarter front somersault straight, Barani ball out tucked		
2. Back somersault tucked, three quarter front somersault straight, Barani ball out piked		
3. Full twisting back somersault		
4. Back somersault, Barani, full twisting back somersault, jump (tucked)		
5. Rudi		
6. One and three quarter front somersault tucked		
7. Back somersault straight, back somersault piked, back somersault tucked x 2		
8. Three quarter back somersault straight, Cody tucked		
9. Back somersault tucked, three quarter back somersault straight, Cody tucked		
10. Back somersault straight, Barani straight, back somersault piked, Barani piked, back somersault tucked, Barani tucked x 2		
Routine		
A ten somersault routine with no repeated somersaults		
Optional - achieve any 6 out of the 8 activities		
1. Half twist into front somersault (Arabian front)		
2. Half twist into one and a quarter front somersault tucked or piked (mat allowed)		
3. Side somersault		
4. Front kaboom to feet		
5. Back kaboom to feet		
6. Barani with cruise to front or full twisting front somersault to front landing		
7. Three quarter back somersault, full twisting Cody		
8. Triple cat twist		



proficiency awards
trampoline