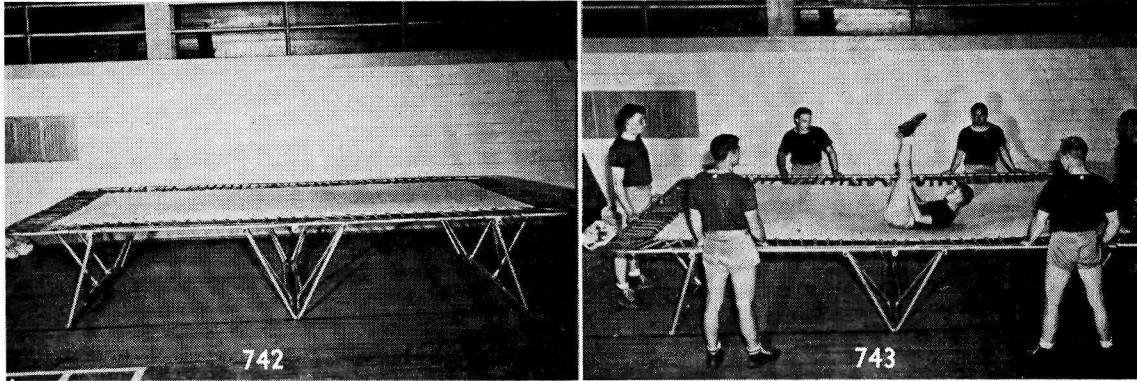


CHAPTER XI

Trampoline Activities

The trampoline consists of a sturdily constructed table-high metal frame, within which is attached, by means of elastic cord or metal springs, a heavy canvas or woven webbing sheet which serves as a performing surface. (See Plate 742)



Objectives or Outcomes

To Provide Aerial Orientation

1. Reduce fear of being upside down, of falling or revolving in midair.
2. To afford practice in relocation after body revolutions and in sensing relative location while revolving in various positions.
3. To learn balance and body control while in the air.
4. To develop oneness with the plane.
5. To acquire self-confidence in the air.

To Aid in Effective Conditioning

1. Vigorous developmental exercise for the legs.
2. Muscle tension, both continuous and alternating, in the arms, shoulders, trunk and abdomen, are involved in the arm lifting and circling, and body-control movements of bouncing.
3. Muscle stretching and the alternate working of antagonistic muscles.
4. Contributes to increased vital capacity and increased fatigue-recovery ability.
5. To aid in the development of coordinated, well-timed and rhythmical movements.

Means of Preventing Injury

1. Permit practice only when adequate supervision and spotting are available.
2. Pad the frame.

3. Maintain at least four alert trained spotters or guards, one at each side and one at each end. Each cadet should serve as guard while awaiting his turn to perform. (See Plate 743)

4. Teach the performer vertical bounce control so that the performer can "spot" his bounces before he is permitted to bounce high.

5. Teach all tricks at low altitude before permitting high attempts.

6. Teach complicated tricks by means of lead-up stunts before attempting the whole.

7. Teach the slightly bent knee "spring killing" position for landing on the feet when performer is not quite sure of his position and balance, in contrast to rigid knee landing, which would result in a high and possibly tangent rebound. (See Plate 744)

8. Use hand-spotting or overhead type safety belt spotting in teaching back turnovers. Be sure of control before permitting independent attempts.



745—*Hand Spotting*.—Spotter bounces with the performer with hand grasp on trunks. On take off for attempt the spotter stays down to lift, turn and catch the performer.

746—*Overhead Safety Belt*.—The two supporting ropes are suspended from overhead through pulley wheels to a common rope in the instructor's hands. Smooth control by the spotter should be acquired by practice before risking neck of the performer on dangerous stunts in the belt.

9. Reckless jumping from the canvas to the floor should be prohibited.

Correction of Faulty Landing Positions

Teach all new landing positions and as many new moves as possible with extremely low bounces which may increase in height as control is improved.

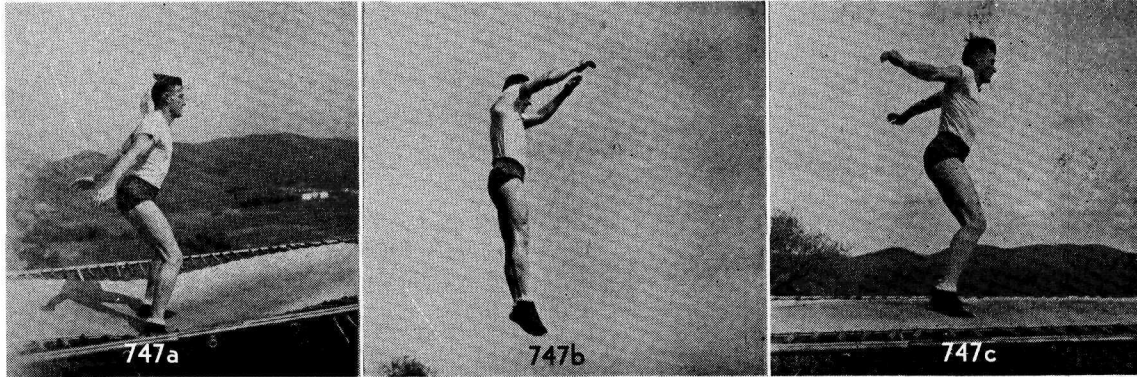
Teach simulated positions and movements on tumbling mat and deck before they are attempted on the trampoline.

Teach balanced take offs so that the performer will be moving vertically only and not horizontally when landing, thus reducing the chances for abrasions and strains.

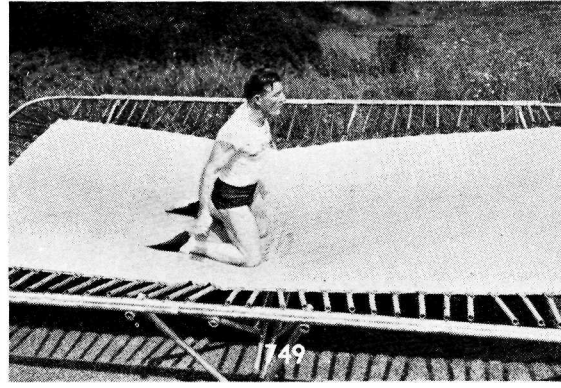
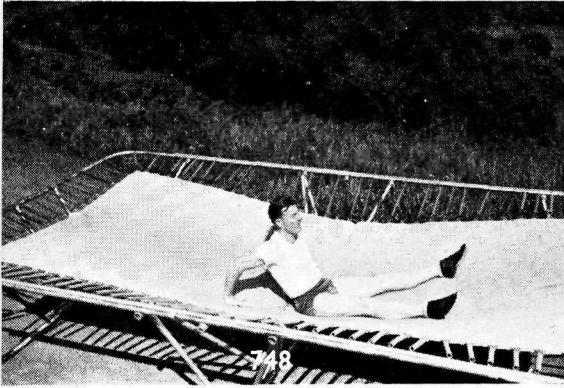
Teach elementary work before permitting attempts at the more advanced work which depends upon the good execution of elementary positions for safety and success. Don't permit two performers to bounce together (Doubles Work)⁴⁵ except the very advanced.

THE FUNDAMENTALS OF TRAMPOLINE ACTIVITY

Bouncing

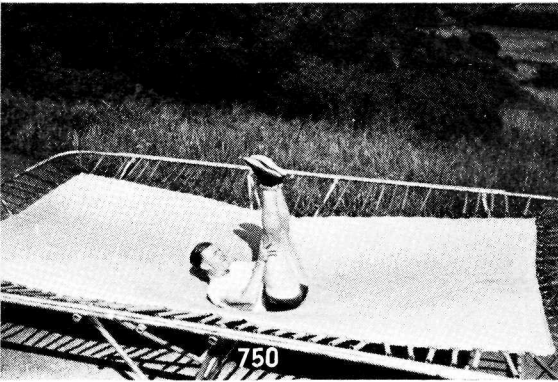


747—(a) Place feet twelve to eighteen inches apart while on the canvas—Bend knees very slightly upon landing and straighten upon take off; (b) Focus eyes forward and downward at a point approximately six feet forward of the bounce—Keep body fairly rigid in the air and bend trunk forward slightly—Keep legs straight—Keep toes pointed—Swing feet together while in midair; (c) The arm action consists of circles with both arms slightly bent dropping in a backward and downward and then lifting in a forward and upward direction—The lower portion of the arm circle is executed with speed and force and coincides with the landing and take off. The arms are brought back behind the plane of the body at the lower portion of the circle only.

Landings

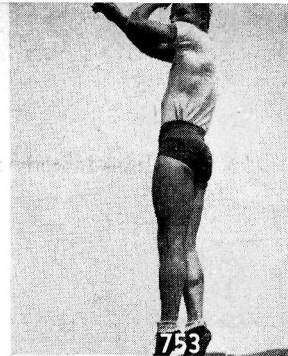
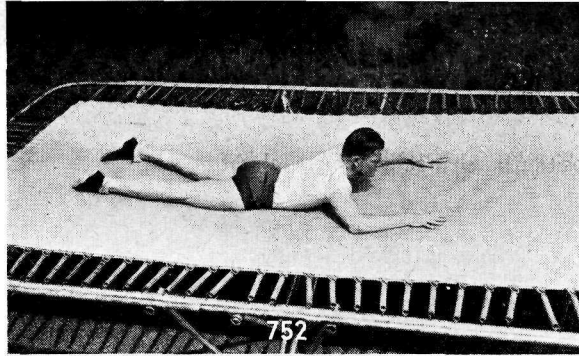
748—*Sit Landing*.—*Legs* fully extended forward, the entire backs of legs contact the canvas simultaneously. *Trunk* slightly inclined backward from the vertical. *Hands* flat on the canvas six to eight inches in back of the hips; hip width apart or wider. *Fingers* point toward the feet; arms slightly bent!

749—*Knee Landing*.—Body erect—Hips almost directly above the knees—Point toes contacting mat with insteps—Hip position fixed!



750—*Back Drop Landing (Straight Leg Style)*.—Landing position is on back with legs straight and vertically inclined—Hands are placed either on the sides and fronts of the legs just above the knees or free of the legs, semi-extended forward-upward!

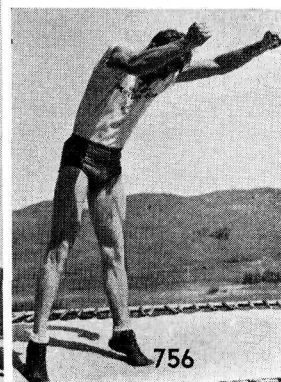
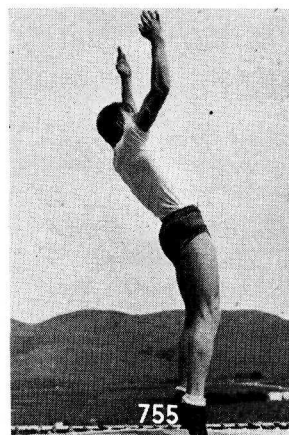
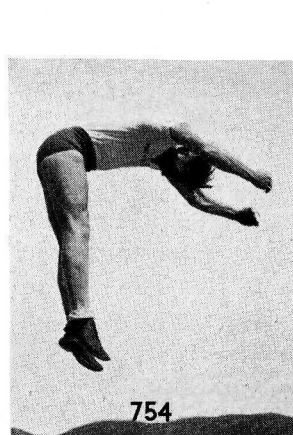
751—*Back Drop Landing (Bent Knee Style)*.—To prepare for the rebound the legs are partially doubled up before landing on the back—The forceful forward and upward straightening of the legs coincides with the landing and adds impetus to the rebound!



752—*Front Drop Landing*.—Landing position is prone without arching back—Arms extended forward; elbows extended sideward—Palms downward—All contact points should land simultaneously. These are: Palms, Fore-arms, Chest, Abdomen, Thighs.

Twists

753—Keep body straight and legs together while twisting—Twist usually started on take off—When upper body leads twist look toward twist and use arms in twisting—Spread legs on feet-first landings!



Turnovers

754—*Forward Turnover Take off*.—Bend upper body forward out of line with lower body—Lift arms forward, upward—Avoid forward lean, i.e., keep center of weight over feet—Drive legs through to straight knee, pointed toe push away.

755—*Backward Turnover Take off*.—Bend upper body backward out of line with lower body—Lift arms toward overhead position—Avoid backward lean—Finish leg and foot drive before picking up feet.

756—*Sideward Turnover Take off*.—Face slightly forward from sideward—Bend upper body sideways and some forward, out of line with lower body—Keep balance over feet—Complete leg drive!

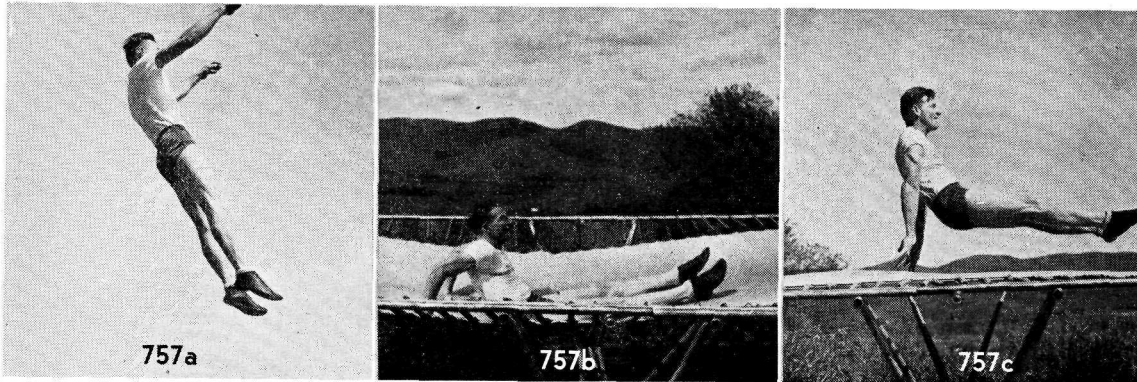
Variations.—If body position is changed immediately after take off to more bend, or tuck, with accompanying head throw, the turnover is relatively low and fast.

If increased bend, etc., is delayed, turnover is higher and slower.

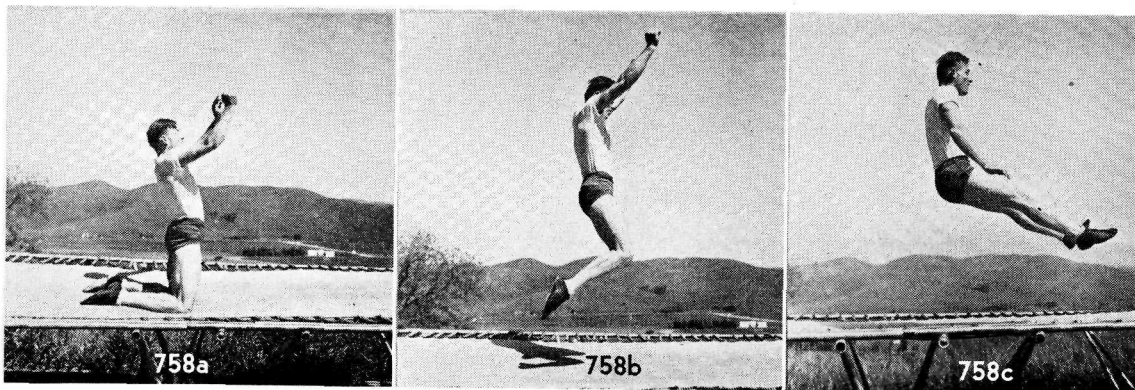
Turnovers are done Layout, Piked, or Tucked, Forward, Backward or Side-ward, and in various fractions and multiples of one.

PROGRESSIVE SERIES OF TRAMPOLINE STUNTS

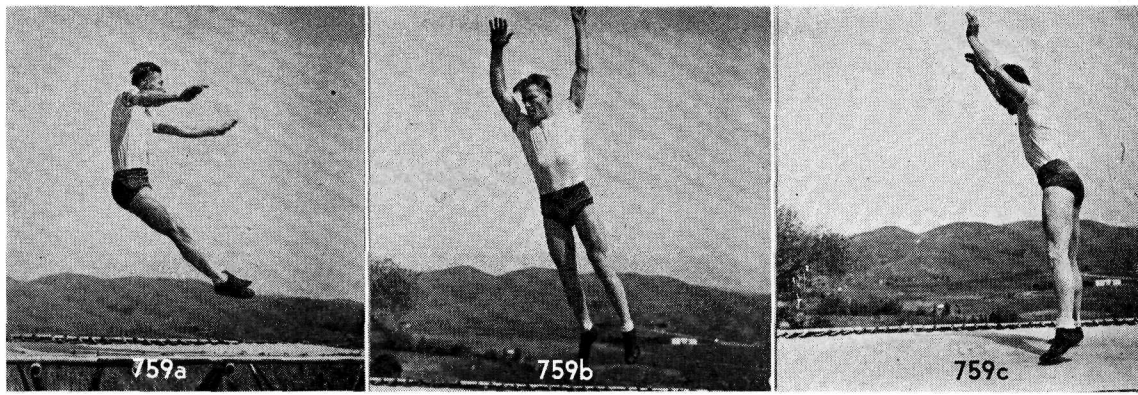
Elementary



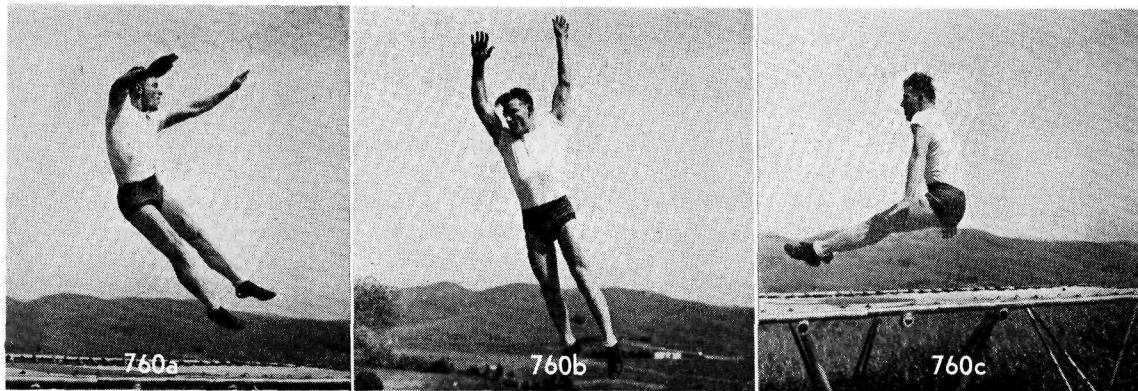
757—*Sit Drop.*—(a) On the take off—Incline body backward by pulling shoulders back and lifting hips forward; (b) Bend body at waist and lower hands just before landing—For landing position see Plate 748 and Cues; (c) To regain standing position, push backward and downward with the hands just after landing—Keep legs straight—Open up to straight body stand!



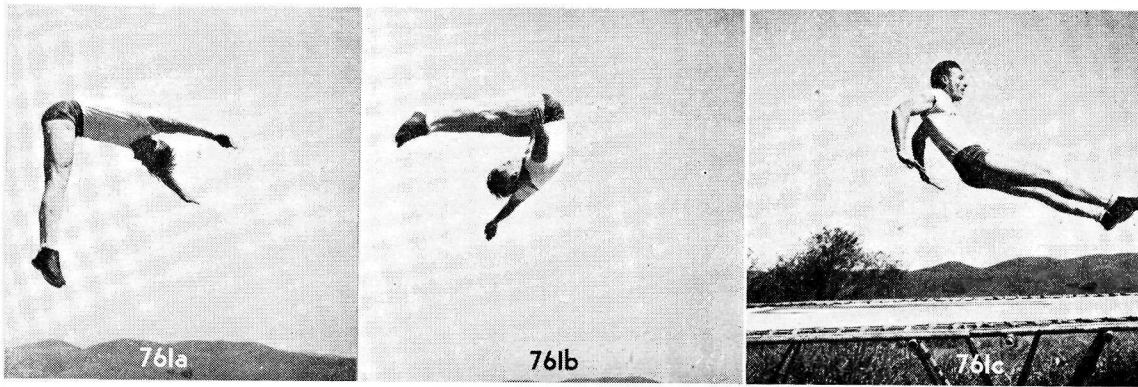
758—*Knees to Sit.*—(a) *Knee landing*—Body erect, weight above knees—Lift arms after landing on knees; (b) Obtain maximum height, with slight backward lean and swing legs through; (c) Make sit drop landing—with hands back of hips on canvas!



759—*Sit, One-half Twist to Feet.*—(a) After landing in backward leaning sit with hands in place behind hips—Push with hands and reach forward and upward and across chest; (b) Arms, head and shoulders lead the twist—Straighten body and complete twist; (c) Land on feet with arms still high!



760—*Sit, One-half Twist to Sit.*—(a) After landing in backward leaning sit, with fingers pointed forward on canvas behind hips—Push with hands, reaching and bending forward with shoulder twist; (b) Swing legs under body pendulum fashion, straightening the body while twisting—Keep legs straight throughout twist; (c) After twist flex body to land on seat with hands on canvas!



761—*Piked Three-Fourths Forward Turnover to Sit.*—(a) Lean very slightly forward on take off—Bend vigorously forward at the waist and drop chin to chest as legs drive downward and toes press away on the take off; (b) The turning position in the air is with body bent at right angle to the waist, chin on chest, arms extended sideward and legs straight; (c) Land in a sit drop position!

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762—*Back Drop.*—(a) Take off—Lean slightly backward; (b) In midair—Head forward with chin on chest, Body Bent; (c) Landing position is on the back—Hands are placed either on the side in front of the leg just above the knee, or free of the legs and semi-extended forward-upward!

763—*Front Drop.*—(a) Initial take off—Lift almost straight up, tipping slightly forward; (b) Midway—Semi-tuck in midair; (c) Front drop landing—Straighten out just prior to landing, arms extended forward—Push with hands to obtain standing position!

764—*Back Drop to Front Drop.*—(a) Back drop landing ready to kick legs; (b) From back drop position, kick forward with legs—After kick, double up legs into a semi-tucked position as the body rotates forward toward front drop position; (c) Front drop landing, flat, with hands on canvas and head up!

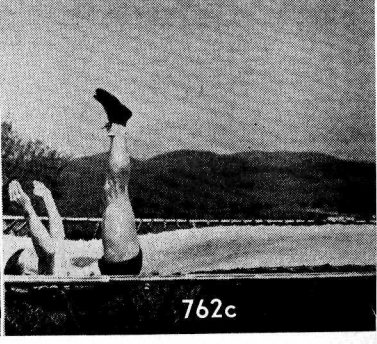
765—*Front Drop to Back Drop.*—(a) Front drop landing; (b) After front drop, push hard with hands, tuck legs to the chest—Keep chin on chest throughout stunt; (c) Back drop landing, doubled up—Kick forward to feet!



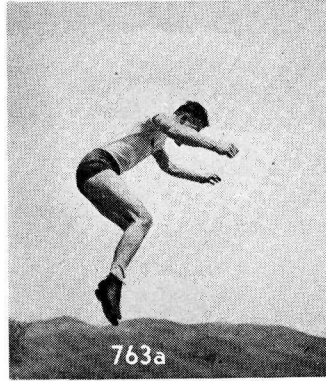
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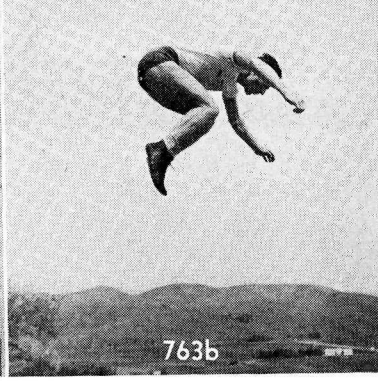
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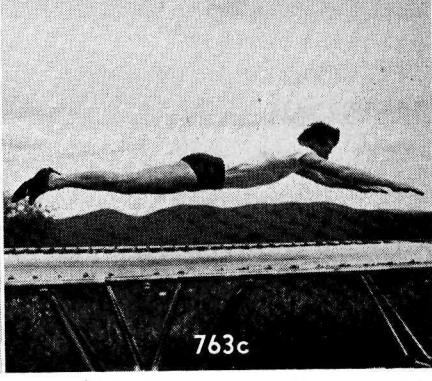
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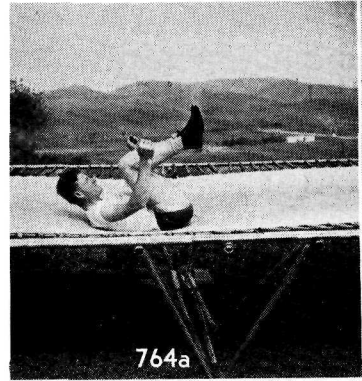
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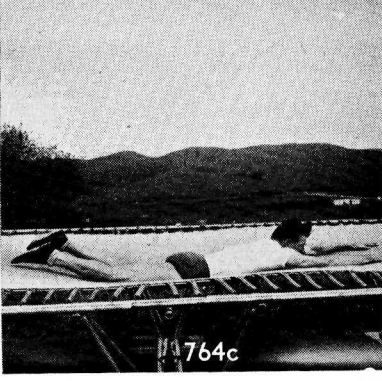
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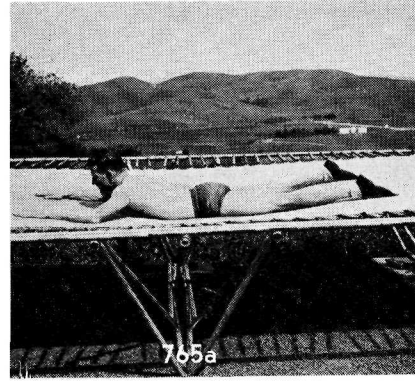
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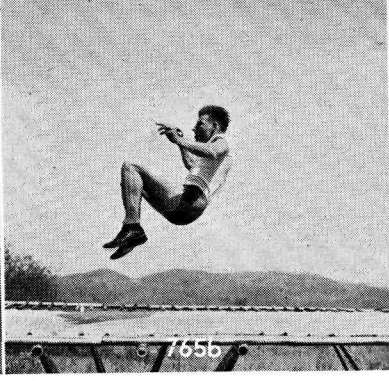
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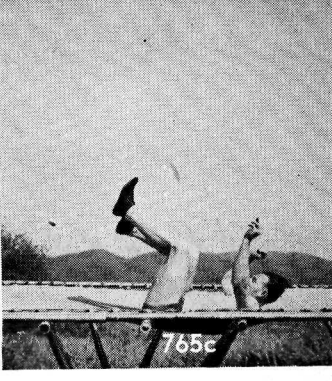
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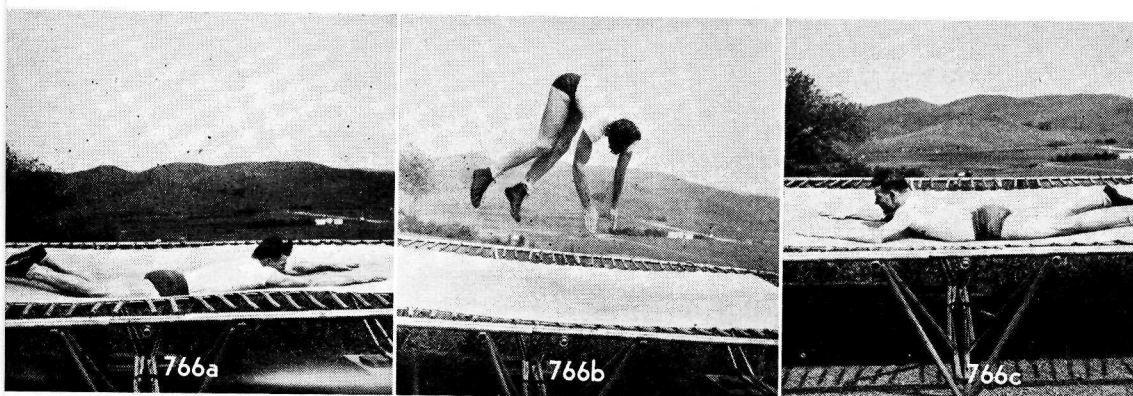
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765b



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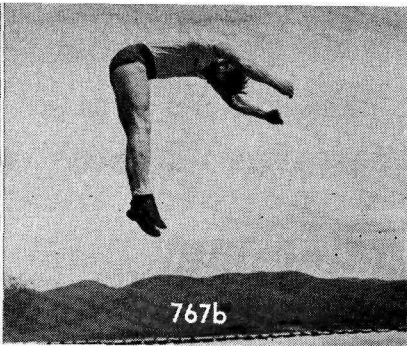
- 766—*Front Drop, One-Half Turntable to Front Drop.*—(a) Front drop landing; (b) Push hard sideward with hands and keep head low—Make the turntable with body in a semi-jackknife position; (c) Open to front drop landing, push hands and flex to land on feet!

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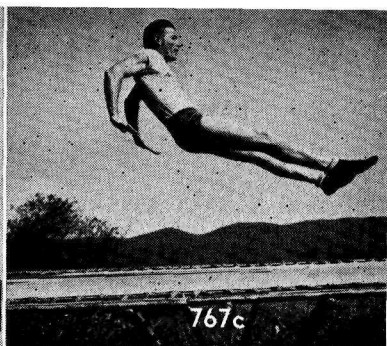
- 767—*Tucked Three-Fourths Forward Turnover to Sit Landing.*—(a) Take off—Bend forward, with little or no forward lean; (b) After take off the body bends more and the knees are bent and brought up to the chest, the hands grasp the shins tightly (tuck position); (c) The tuck is held briefly, and is followed by a fast forward kick to the straight leg, bent body, sit landing position!
- 768—*Tucked Forward Turnover to the Feet.*—(a) Lift with the arms while bending at the waist before bending the knees and grabbing the tuck; (b) Midway—Snap the head down a little faster and pull a little longer on the shins in the tuck than for the three-fourths turnover; (c) Open from tuck shooting feet downward to canvas—Keep eyes on canvas—At first, land in a bent knee position (for safety)!
- 769—*Sit Drop Full Twist to Sit.*—(a) After first sit landing—The hands push away from the canvas and swing upward and across the body in the direction of the twist, eyes watch feet; (b) The trunk leans back and the body straightens toward a horizontal layout position as the head makes its twist—Body is straight throughout twist; (c) Bend body slightly upon finish of twist to sit landing position!
- 770—*Back Drop One-Half Twist to the Feet.*—(a) From the bent knee back drop position, kick legs vigorously upward and forward rotating legs and hips to left or right; (b) Turn the head with the upper part of the body after hip twist; (c) When the body is straight, and the twist is completed, the feet are swung to the canvas, legs straight!



767a



767b



767c



768a



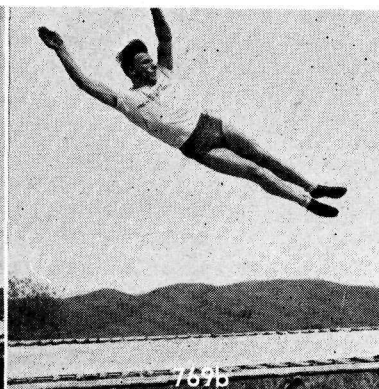
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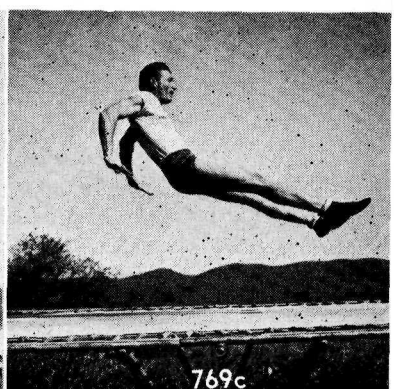
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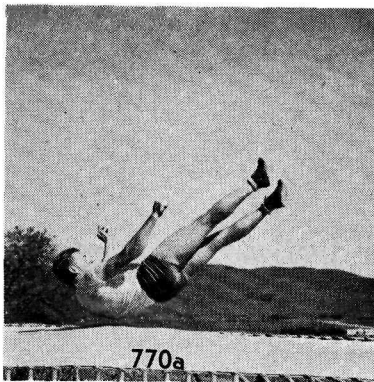
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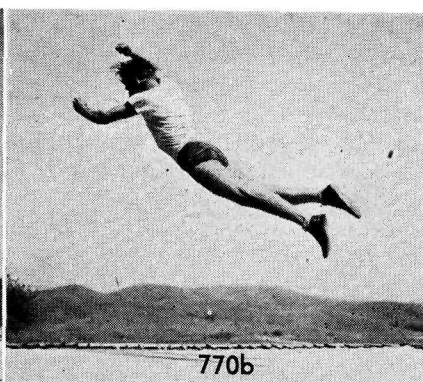
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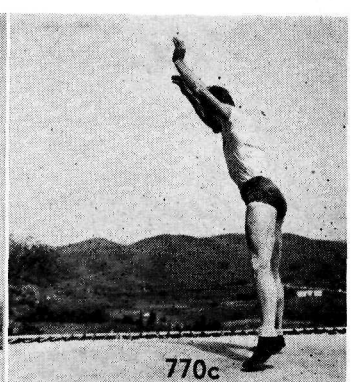
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770a



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770c



771—*Back Drop One-Half Twist to Back Drop*.—(a) Take Off from Back Drop—Same as in Plate 770a, except kick is more forward and less upward in direction; (b) Body is straightened while twisting; (c) After twisting, both knees are brought to the chest and held thus until the body has turned backward far enough for a second back drop landing and subsequent bounce to feet.

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772—*Back Turnover to Feet (Open)*.—(a) On the take off for the turnover, there is a very slight backward lean, and the start of a backward body bend—Arms Lifting Head Starting Back; (b) As the arms are swung upward and back over the head, the shoulders are pulled back and the hips are thrust forward—The head is snapped back as hard as possible—The knees may be bent after the take off is completed; (c) At the completion of half the somersault, the body is bent forward somewhat at the waist to bring the feet over for the landing—(At first, land in a bent knee position for safety)!

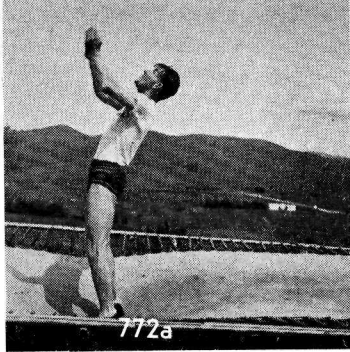
Attempt this stunt first in a safety belt, or with expert hand spotting!

ADDITIONAL TRAMPOLINE STUNTS

773—*Sit, Full Twist to Feet*.—(a) From regular sit landing, push hard with hands and reach forward upward and across, straightening the body out as quickly as possible; (b) The twist is continued with head and shoulders pulling in direction of twist, body and legs straight and hands over head; (c) Land facing original direction. Hands may drop or remain overhead depending on nature of the succeeding stunt.

774—*One-Half Twist to Sit*.—(a) Lean and tip forward with forward-upward arm swing on take off; twist shoulders, but not head; (b) Twist of head and hips follow; body still straight; (c) Break at waist and drop hands to sit landing!

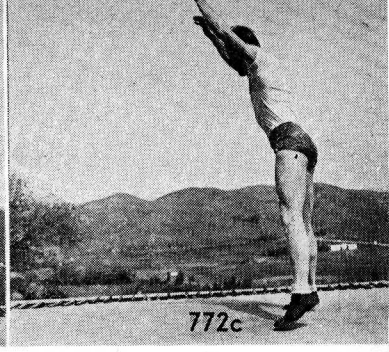
775—*Full Twist to Sit Landing*.—(a) Lean and tip backward on take off; twist head and shoulders; body straight, arms high; (b) Complete twist before bending at waist for sit landing; (c) Drop arms and flex body to Sit Landing—Legs flat, hands back!



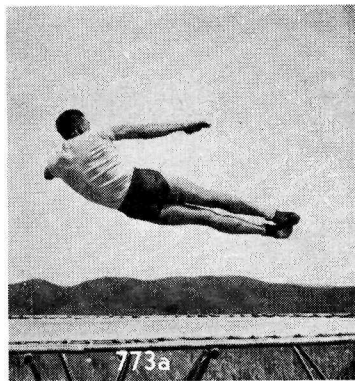
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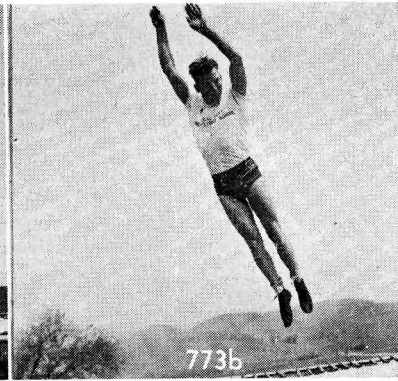
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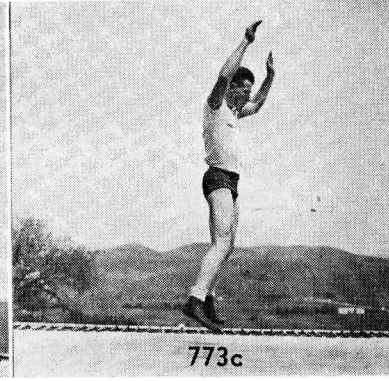
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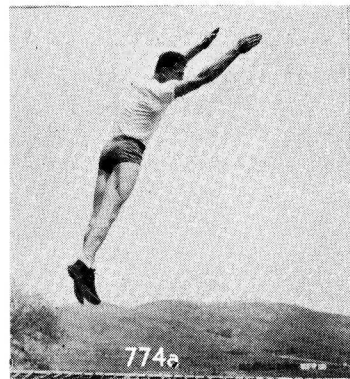
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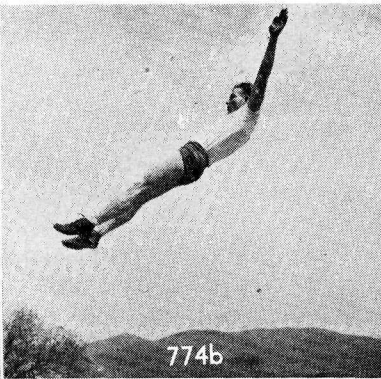
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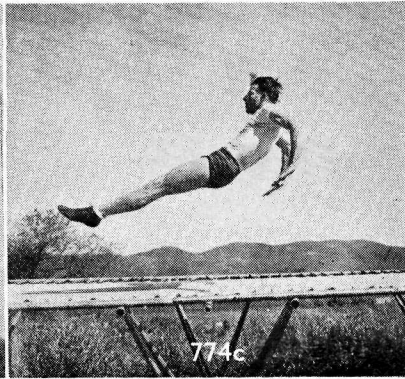
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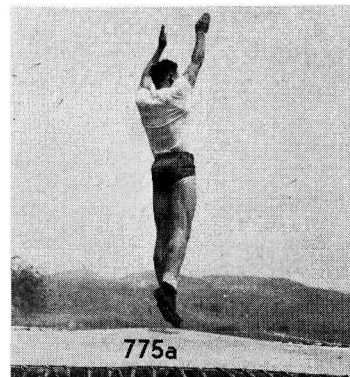
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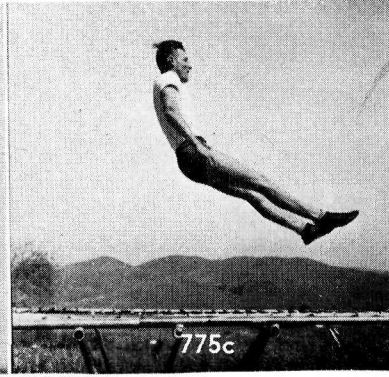
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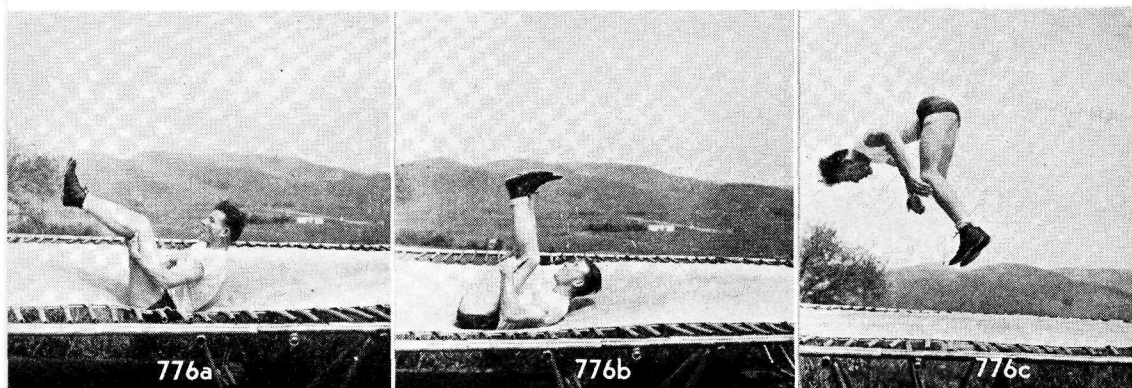
775a



775b



775c



776—*Back Pullover to Feet.*—(a) Land on base of spine; feet off mat; hands under legs; legs slightly bent; (b) Keep chin near chest; pull up on legs; roll over backward; (c) Release legs; come to a stand!

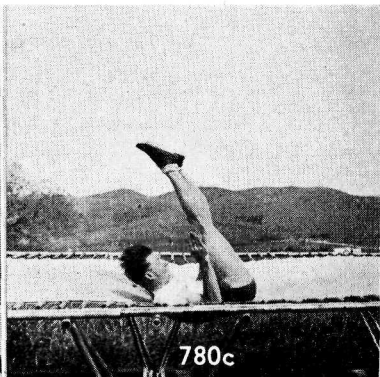
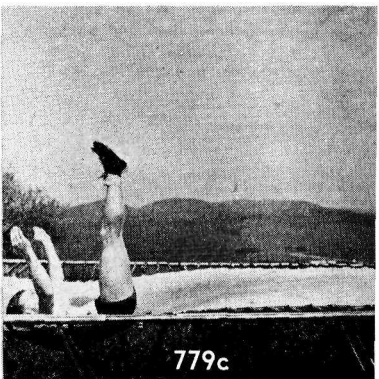
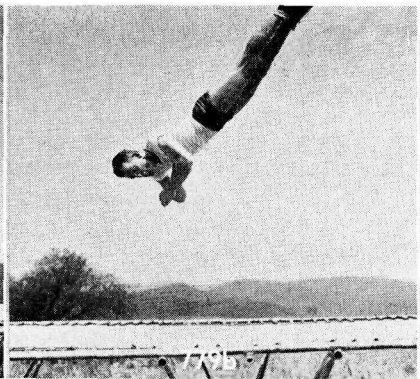
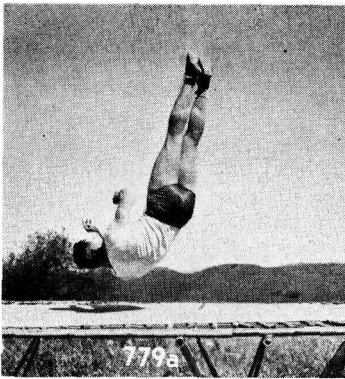
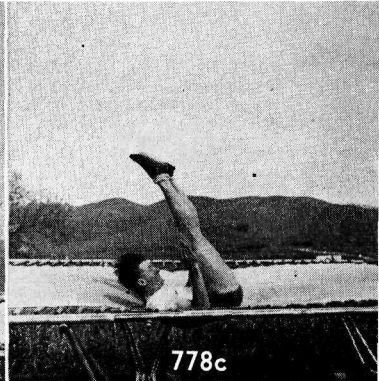
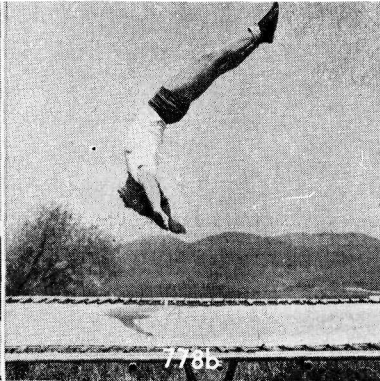
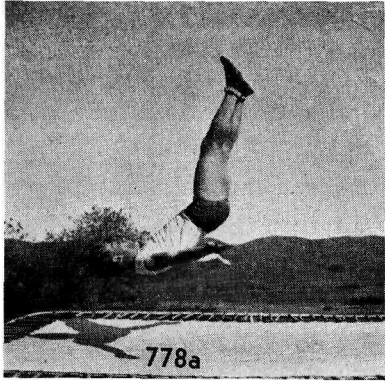
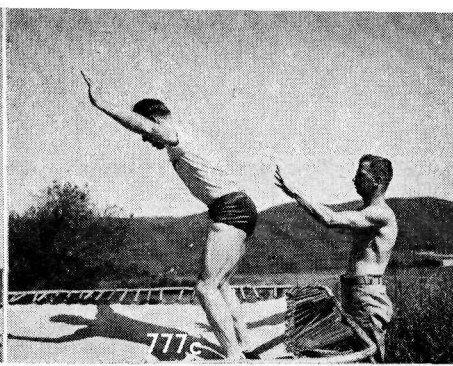
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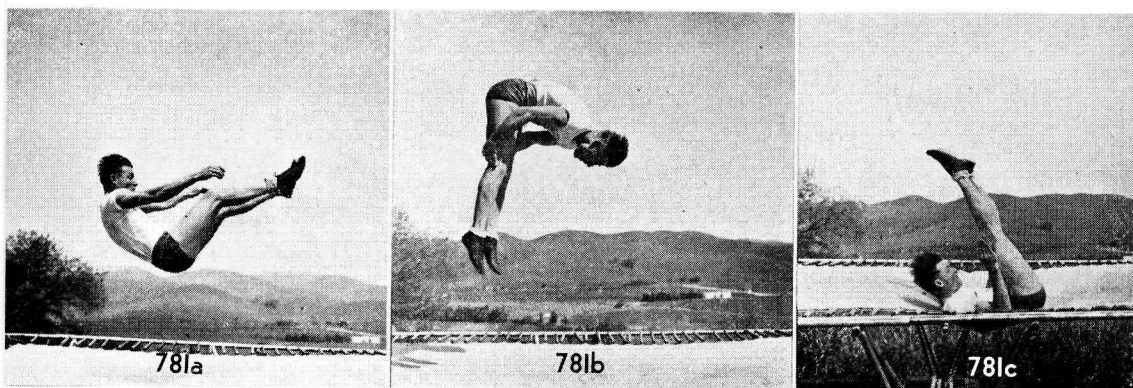
777—*Back Pullover to Back Pullover.*—(a) Spot the first landing at front end of trampoline; (b) Between First and Second Back Landing—Continue leg pull on bent up legs; keeping head down and landing for second pull-over; (c) Complete the series to the feet—Have alert guard at frame behind performer to prevent involuntary third sit!

778—*Back Drop, Vertical Arch, Back Drop.*—(a) From back drop kick out almost vertically with legs straight and together; (b) Put head back and arms out to vertical inverted swan position and hold as long as safe; (c) Just before landing, duck head; flex at waist to back drop—Bounce to feet!

779—*Back Drop, Full Twist, Back Drop.*—(a) From bent knee back drop, make a nearly vertical kick with twist of legs and hips; (b) Complete the full twist with body straight, arms in close, and eyes watching canvas; (c) Complete the head twist, and flex at the waist to back drop landing and bounce to the feet.

780—*Bent Dive to Back Drop.*—(a) Take off from feet leaning slightly and bending to a right angle forward. Keep Head Up; (b) Keeping eyes on landing spot and arms outstretched forward, turn forward until nearly to canvas; (c) Duck head and bend more at waist to back drop landing—Bounce forward to feet!





781—*Back Drop, Bent Dive, to Back Drop.*—(a) Bent knee back drop; kick out forward, upward; (b) Bend at waist sitting up and grasping hands behind legs—Eyes on canvas until nearly there, then duck; (c) Land on back—Push on legs—Bounce to feet!

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782—*Swan Dive to Back Drop.*—(a) Swan dive position; head up; Aim high; Heels lifting; Ride it; (b) Tip swan dive well over to inverted vertical hang; (c) Duck and bend late and not too vigorously—Keep legs straight on back landing for rebound to feet!

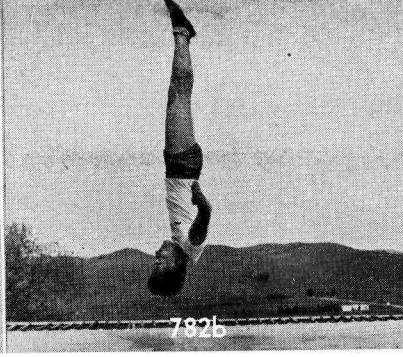
783—*One-Half Twist to Front Drop.*—(a) Arms and shoulders lead the twist—Lift hips forward, upward while twisting—Turn of head follows; (b) Pull feet back to horizontal swan before dropping; (c) Eyes on canvas; land on belly, hands on canvas—Bounce to feet!

784—*Layout Backward, Three-Fourths Turnover to Front Drop.*—(a) On take off lift hips forward, upward, pulling shoulders back, arms out to side; (b) Snap head back, emphasize arch, watch canvas; (c) Kill arch and flatten before landing—Land on belly, head up, arms forward—Bounce to feet!

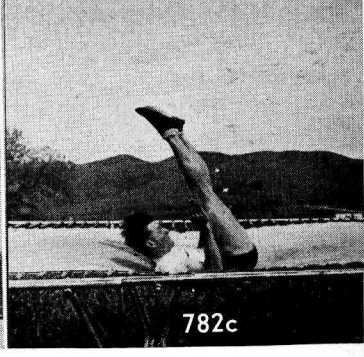
785—*Tucked Backward Three-Fourths Turnover to Front Drop.*—(a) In starting the Turnover, stretch before tucking; (b) Pull to inverted Tuck—Head back during tuck; (c) Start out of tuck early—Finish opening to flat position just before landing—Bounce to feet!



782a



782b



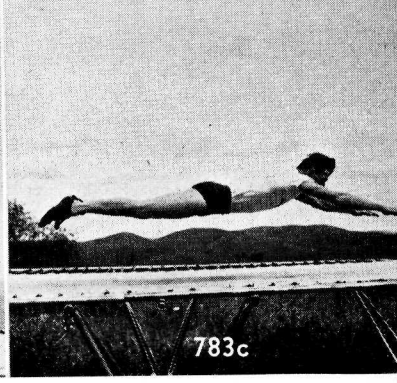
782c



783a



783b



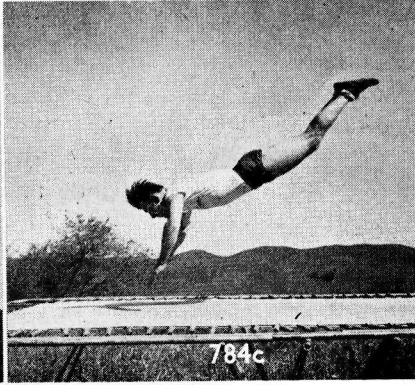
783c



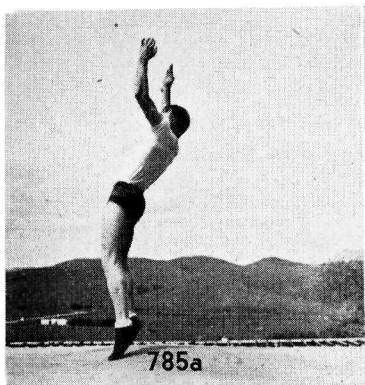
784a



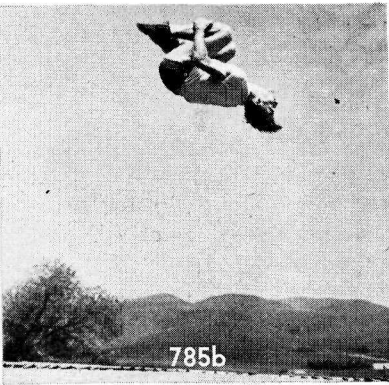
784b



784c



785a



785b



785c



786—*Swan, Tuck Three-Fourths Forward Turnover to Seat Drop.*—(a) Turn the swan well over quickly; (b) Break fast to tuck; hold briefly; (c) Kick out forward to sit—Bounce to feet!

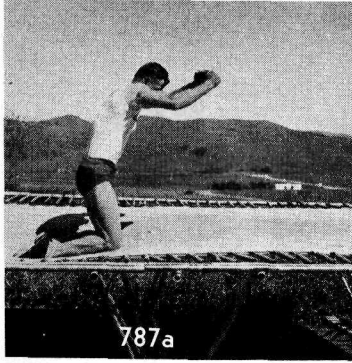
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787—*Knee Forward Turnover to Feet.*—(a) Knee Take Off, Arms Swinging Up; (b) Starting the Turnover—Press away with the feet by straightening knees; (c) Tuck after the feet leave the canvas—Feet kick out for landing!

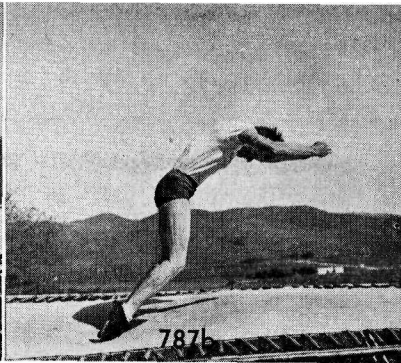
788—*Piked Forward One and One-Quarter Turnover to Front Drop.*—(a) Starting the Spin—Drive off with final leg and foot push emphasis—Bend sharply and duck hard; (b) Hold pike tight until over once then open gradually; (c) Landing is flat on the front, with head up—Bounce to feet!

789—*Half Twisting Tucked Forward Turnover to Feet.*—(a) The Tucked Spin is done fast in order to kick out early; (b) Kick out horizontally with hips twisting, then head following; (c) As twist is completed flex slightly to land on feet!

790—*Half Twisting Forward One and One-Quarter Turnover to Back Drop.*—(a) Start the Twisting Kickout after turnover in tight tuck; (b) [Complete the Twist In Straight Body Position with the head following the hip], (c) Before Landing, after twist is completed, double up again to turn to backdrop—Bounce to Stand!



787a



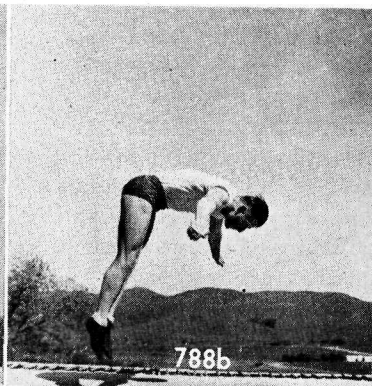
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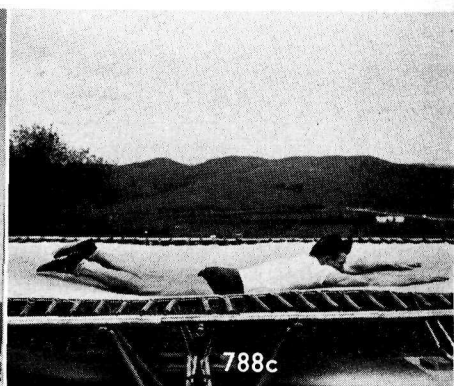
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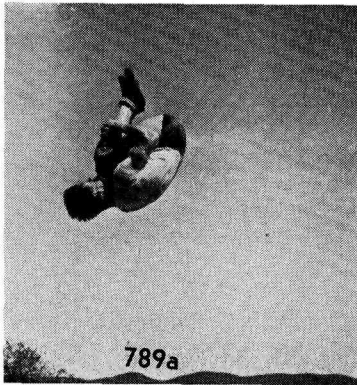
788a



788b



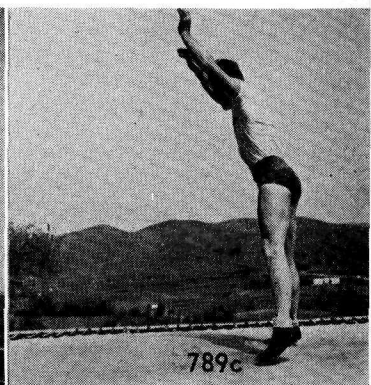
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789a



789b



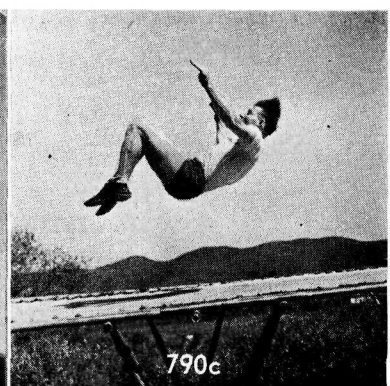
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790a



790b



790c



791—*Brandy (Borani)*.—(a) The Piked, Hip lift first with head up but body bent well forward; (b) Swing Legs Over With a Twist—Jackknife opens through inverted vertical straight body twist; (c) Flex again at waist to bring feet down to landing—Can be learned by putting hands on canvas as in roundoff on mat!

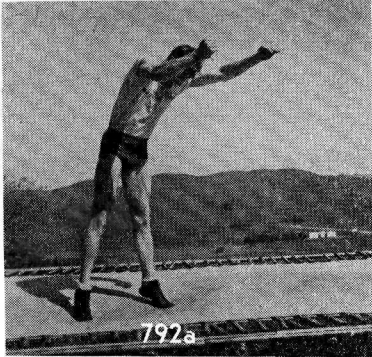
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792—*Side Somersault*.—(a) Take off facing and bending a little forward from sideways; (b) Tuck as for forward somersault; top of head toward side wall, look for landing surface; (c) Land facing sideward by opening from tuck when well over!

793—*Tucked Backward Turnover to Feet*.—(a) Feet leave trampoline with knees straight, hips forward, head a little back, hands above shoulders; (b) Head back, hand and body tuck at top of spring; (c) Kick out straight and drop to feet, eyes on canvas!

794—*Tucked Backward One and One-Quarter Turnover to Sit Landing*.—(a) Turn in tuck slightly farther than for single back somersault; (b) Kick feet forward and downward, Hands to the stern; (c) Backward leaning sit landing, hands back!

795—*Piked Backward Turnover to Feet*.—(a) First air position is layout with hips forward and head slightly back; (b) Snappy leg lift into pike, hands under legs; (c) Open late to vertical straight body, feet first landing!



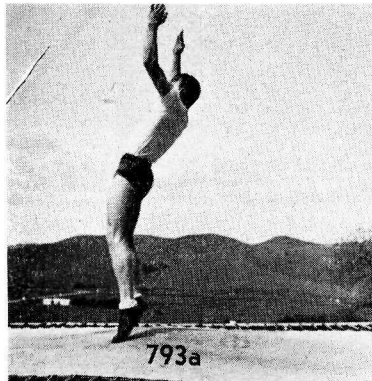
792a



792b



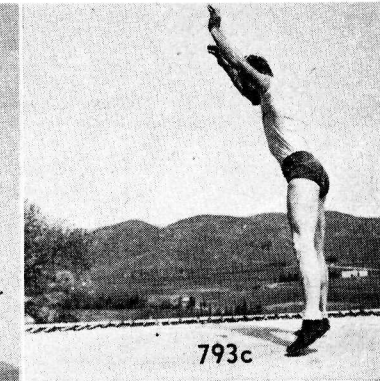
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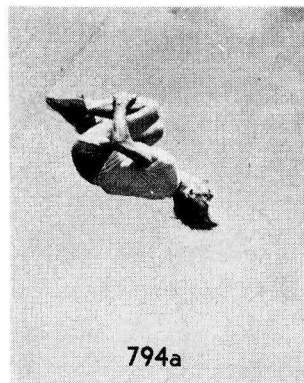
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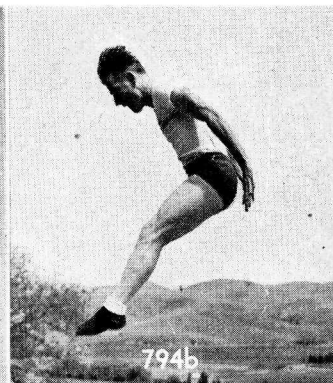
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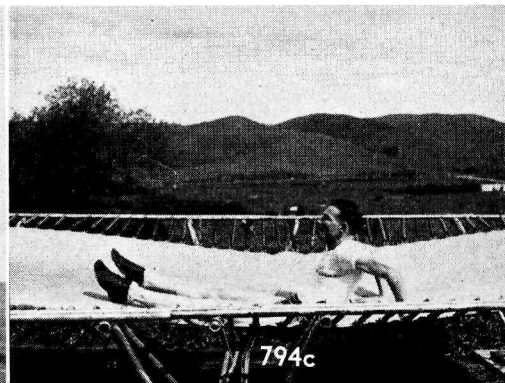
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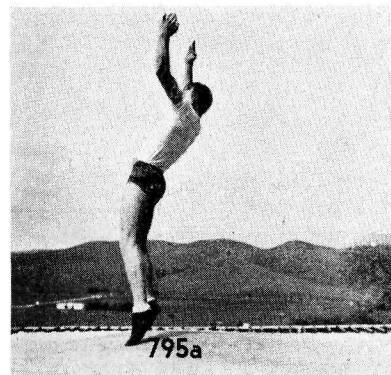
794a



794b



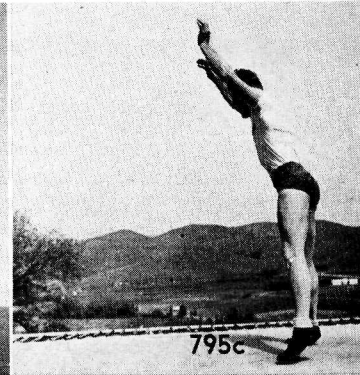
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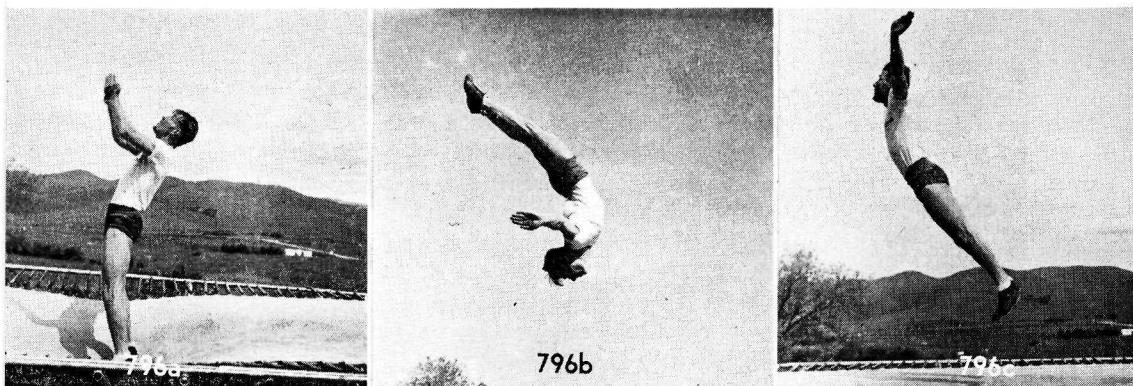
795a



795b



795c



796—*Layout Backward Turnover to Feet.*—(a) The take off is vertical with an immediate severe backward arch pull with head, shoulders, upper back and at the waist; (b) A complete leg drive and foot push away are essential, knees straight throughout. Continue to pull in arch; (c) Continue pull of head and body until looking forward once more. Don't stop head looking at canvas! Flex body only very slightly for landing!



797—*Half Twisting Backward Turnover to Feet.*—(a) Turn somersault over straight until eyes see canvas; (b) Then twist hips, trunk and head follow the twist; (c) Continue Turning Forward to Feet First Landing (Overturn the somersault slightly to facilitate the body twist)!

COMPREHENSIVE LIST OF TRAMPOLINE STUNTS WITH DIFFICULTY RATING

The following is a more or less all inclusive list of trampoline stunts arranged according to similarity rather than progressive difficulty. The difficulty of each stunt is indicated by a number (1), (2), (3), (4) or (5) following the brief description. The numbers (1) identify tricks of an elementary nature; numbers (2) identify intermediate tricks; numbers (3) identify advanced tricks; numbers (4) identify more advanced tricks, and numbers (5) identify extremely difficult tricks.

If there is a photograph and additional descriptive material on a particular stunt in this chapter, reference to the Illustration will follow the brief description here. Many moves can be executed in addition to the stunts listed and an almost *unlimited variety* can be obtained by *combining in various continuous series two or more* of the same or different stunts. The stunts are grouped according to predominant features, but most stunts would obviously fit in two or three groups.

Sit Tricks

1. Jump to Sit, Bounce to Feet. (1)
(Plates 748, 757a, 757b)
2. Jump with Forward Lean with One-half Twist to Sit, Bounce to Feet. (1)
(Plates 774a, 774b, 774c)
3. Jump with Backward Lean with Full Twist to Sit, Bounce to Feet. (1)
(Plates 775a, 775b, 775c)
4. Jump with Forward Lean, with One and One-half Twist to Sit, Bounce to Feet. (2)
5. Jump with Backward Lean, with Double Twist to Sit, Bounce to Feet. (3)
6. Jump to Sit, Bounce with One-half Twist to Feet. (1)
(Plates 759a, 759b, 759c)
7. Jump to Sit, Bounce with Full Twist to Feet. (1)
(Plates 773a, 773b, 773c)
8. Jump to Sit, Bounce with One and One-half Twist to Feet. (2)
9. Jump to Sit, Bounce with Forward Turn with One-half Twist to Sit, Bounce to Feet. (1)
(Plates 760a, 760b, 760c)
10. Jump to Sit, Bounce with Forward Turn with One-half Twist to Back Drop Landing, Bounce to Feet. (2)
11. Jump to Sit, Bounce with Backward Lean to Back Drop, Bounce to Feet. (1)
12. Jump to Sit, Bounce with Backward Lean with Full Twist to Sit, Bounce to Feet. (2)
(Plates 769a, 769b, 769c)
13. Jump to Sit, Bounce with Backward Lean with One-half Twist to Front, Bounce to Feet. (1)
14. Jump to Sit, Bounce with Backward Lean with Full Twist to Back Drop, Bounce to Feet. (2)
15. Jump to Landing between Sit and Back Drop, Bounce pulling Legs over Backward to Feet (Back Pullover). (1)
(Plates 776a, 776b, 776c)
16. Jump to Back Pullover with One-half Twist to Feet. (2)
17. Jump to Back Pullover with Full Twist to Feet. (3)
18. Jump to Back Pullover to Back Pullover to Feet. (2)
(Plates 777a, 777b, 777c)
19. Jump with Forward Lean with Half Twist to Back Pullover to Feet. (2)
20. Jump with Backward Lean with Full Twist to Back Pullover to Feet. (2)
21. Jump to Back Pullover to Flat Front, Bounce to Feet. (1)

Back Drop Tricks

1. Jump to Straight Leg Back Drop Bounce to Feet. (1)
(Plates 750, 762a, 762b, 762c)
2. Jump to Bent Knee Back Drop, Kick Out to Feet. (1)
(Plate 751)
3. Bounce with Forward Lean with One-half Twist to Back Drop, Bounce to Feet. (2)
4. Jump with Backward Lean with Full Twist to Back Drop, Bounce to Feet. (2)
5. Jump to Back Drop, Bounce with One-half Twist to Feet. (1)
(Plates 770a, 770b, 770c)
6. Jump to Back Drop, Bounce Forward with One-half Twist to Back Drop, Bounce to Feet. (2)
(Plates 771a, 771b, 771c)
7. Jump to Back Drop, Bounce with Full Twist to Feet. (2)
8. Jump to Back Drop, Bounce with One-half Twist to Front, Bounce to Feet. (1)
9. Jump to Back Drop, Bounce Turning Backward to Front, Bounce to Feet. (1)
10. Jump to Back Drop, Bounce to Inverted Vertical Head-back Arch, Flex to Back Drop, Bounce to Feet. (2)
(Plates 778a, 778b, 778c)
11. Jump to Back Drop, Bounce to Inverted Vertical with Full Twist, to Back Drop, Bounce to Feet. (3)
(Plates 779a, 779b, 779c)
12. Jump to Back Drop, Bounce to Inverted Vertical with Half Twist, Duck Under to Back Drop, Bounce to Feet. (3)
13. Jump to Back Drop, Bounce Turning Forward to Front Drop, Bounce to Feet. (1)
(Plates 764a, 764b, 764c)
14. Jump to Back Drop, Bounce Turning Forward with Full Twist to Front, Bounce to Feet. (3)
15. Dive Forward Bent Body, Duck Under to Back Drop Landing, Bounce to Feet. (2)
(Plates 780a, 780b, 780c)
16. Jump to Back Drop, Bounce Turning Forward, Duck Under to Back Drop Landing, Bounce to Feet. (3)
(Plates 781a, 781b, 781c)
17. Dive Forward Bent Body, Duck Under to Back Drop Landing, Bounce Turning Forward Bent Body to Back Drop, Bounce to Feet. (3)
18. Swan Dive Turning Forward, Duck Under to Back Drop Landing, Bounce to Feet. (3)
(Plates 782a, 782b, 782c)
19. Jackknife Dive Turning Forward, Duck Under to Back Drop Landing, Bounce to Feet. (3)
20. Dive Turning Forward, Duck Under to Back Drop Landing, Bounce with One-half Twist to Feet. (2)

21. Dive Turning Forward, Duck Under to Back Drop Landing, Bounce with Full Twist to Feet. (3)

Suggestions for More Advanced Tricks

1. Jump to Back Drop, Bounce Turning Forward with One and One-half Twist to Back Drop, Bounce to Feet. (4)
2. Jackknife Dive Turning Forward, Swan Opening, Duck Under to Back Drop Landing, Bounce to Feet. (4)

Front Drop Tricks

1. Jump Forward in Semi-jackknife to Horizontal, Open to Flat Front Landing, Bounce to Feet. (1)
(Plates 763a, 763b, 763c)
2. Jump, Turning Forward in Tuck, Open to Flat Front Landing, Bounce to Feet. (2)
3. Jump, Turning Forward in Jackknife, Flat Front Landing, Bounce to Feet. (2)
4. Jump, Turning Forward in Swan, Flat Front Landing, Bounce to Feet. (2)
5. Jump, Turning Backward with Half Twist to Front Drop Landing, Bounce to Feet. (1)
(Plates 783a, 783b, 783c)
6. Jump to Front Drop, Bounce Turning Backward, to Sit, Bounce to Feet. (1)
7. Jump to Front Drop, Bounce Turning Backward, to Backdrop Landing, Bounce to Feet. (2)
(Plates 765a, 765b, 765c)
8. Jump to Front Drop, Bounce with Half Turntable to Front Drop, Bounce to Feet. (2)
(Plates 766a, 766b, 766c)
9. Jump, Turning Forward with Full Twist to Front Drop, Bounce to Feet. (2)
10. Jump, Turning Backward with One and One-half Twist to Front Drop, Bounce to Feet. (3)
11. Jump to Front Drop, Bounce Turning Backward with One-half Twist to Front Drop, Bounce to Feet. (1)
12. Jump to Front Drop, Bounce Turning Backward to Back Pullover to Feet. (2)
13. Jump to Front Drop, Bounce to Jackknife, Drop to Flat Front, Bounce to Feet. (2)
14. Jump to Front Drop, Bounce to Tuck, Drop to Flat Front, Bounce to Feet. (2)
15. Jump to Front Drop, Bounce to Horizontal Full Twist, Drop to Flat Front, Bounce to Feet. (3)
16. Jump to Sit, Lay Back Turning Backward to Front Drop, Bounce to Feet. (2)
17. Jump into Layout Backward Three Quarter Turnover to Flat Front, Bounce to Feet. (3)
(Plates 784a, 784b, 784c)

18. Jump into Tucked Backward Three-quarter Turnover to Flat Front, Bounce to Feet. (3)
(Plates 785a, 785b, 785c)
19. Jump into Piked Backward Three-quarter Turnover to Flat Front, Bounce to Feet. (3)

Suggestions for More Advanced Tricks

1. Jump Turning Forward with Double Twist to Front Drop. (4)
2. Jump to Front Drop, Bounce with Tucked Full Turntable to Front Drop. (4)
3. Jump into Layout Backward Three-quarter Turnover with Full Twist to Flat Front, Bounce to Feet. (4)

Forward Turnover Tricks

1. Jump, Turning Forward in Pike Position to Sit Landing, Bounce to Feet. (1)
(Plates 761a, 761b, 761c)
2. Jump, Turning Forward in Tuck Position to Sit Landing, Bounce to Feet. (2)
(Plates 767a, 767b, 767c)
3. Dive, Turning Forward in Swan Position, Break to Tuck, Kickout to Sit, Bounce to Feet (Flying Three-quarter Forward Somersault). (3)
(Plates 786a, 786b, 786c)
4. Dive, Turning Forward in Swan Position, Break to Pike to Sit, Bounce to Feet. (3)
5. Jump, Turning Over Forward in Tucked Position, Kickout to Feet. (3)
(Plates 768a, 768b, 768c)
6. Jump, Turning Over Forward in Piked Position, Open to Feet. (3)
7. Jump, Turning Over Forward in Tucked Position Once and One-quarter to Front Drop, Bounce to Feet. (3)
8. Jump, Turning Over Forward in Piked Position Once and One-quarter to Front Drop, Bounce to Feet. (3)
(Plates 788a, 788b, 788c)
9. Jump to Knee Drop, Bounce Turning Over Forward Once in Tucked Position to Feet. (3)
(Plates 787a, 787b, 787c)
10. Jump to Knee Drop, Bounce Turning Over Forward Once in Tucked Position to Knee Drop, Bounce to Feet. (3)
11. Jump to Knee Drop, Bounce Turning Over Forward Once and One-quarter in a Tucked Position to Front Drop, Bounce to Feet. (3)
12. Jump to Knee Drop, Bounce Turning Over Once Forward in a Piked Position to the Feet. (3)
13. Jump to Back Drop, Bounce Turning Forward in a Tucked Position or Piked Position Once and One-quarter to a Sit, Bounce to Feet. (3)
14. Jump, Turning Over Forward in Tuck Position, Kick Out with One-half Twist to Feet. (3)
(Plates 789a, 789b, 789c)
15. Jump, Turning Over Forward in Piked Position with One-half Twist to the Feet (3)

16. Jump, Turning Over Three-quarters Forward in Piked Position with Full Twist to Sit, Bounce to Feet. (3)
17. From a Take Off Slightly Forward of Sideways, Turn Over Sideways and Forward in a Tucked Position, Kickout to Side Facing Landing on Feet (Side Somersault). (3)
(Plates 792a, 792b, 792c)

Suggestions for More Advanced Tricks

1. Jump, Turning Over Forward in Swan Position to Feet. (4)
2. Jump, Turning Over Forward in Tuck Position Once and One-half, Open Partially, Duck Under to Back Drop Landing, Bounce to Feet. (4)
3. Jump, Turning Over Forward in Piked Position, One and One Two-thirds to Back Drop Landing, Bounce to Feet. (4)
4. Jump, Turning Over Forward in Tuck Position Once and Three-quarters, Kick Out to Sit Landing, Bounce to Feet. (4)
5. Jump, Turning Over Forward in Piked Position Once and Three-quarters to Sit Landing, Bounce to Feet. (4)
6. Jump, Turning Over Forward in Tucked Position Twice, Kickout to Feet. (5)
7. Jump to Knee Drop, Bounce Turning Over Forward Once and Three-quarters in a Tucked Position to Sit, Bounce to Feet. (4)
8. Jump to Back Drop, Bounce, Turning Over Forward Once and One-half in a Tuck Position to the Feet. (4)
9. Jump, Turning Over Forward in an Open Piked Position with Full Twist to feet. (4)
10. Jump, Turning Over Forward One and One-quarter with One-half Twist to Sit or Back Drop Landing, Bounce to Feet. (4)
(Plates 790a, 790b, 790c)
11. Jump, Turning Over Forward in Open Piked Position One and One-quarter with Full Twist to Front Drop, Bounce to Feet. (4)
12. Jump, Turning Over Forward in Open Position with One and One-half Twist to Feet. (5)
13. Jump, Turning Over Forward in Open Position with Double Twists to Feet. (5)
14. Jump, Turning Forward in Swan Position, Break to Tucked or Piked Position, Open to Feet (Flying Somersault). (4)
15. Jump, Turning Forward in Swan Position, Break to Tucked Position Turning Forward to Front Landing, Bounce to Feet (Flying One and One-quarter Somersault). (4)
16. Jump, Turning Forward in Head-up Piked Position with One-half Twist Opening to Feet (Aerial Round Off, or Borani). (4)
(Plates 791a, 791b, 791c)

Backward Turnover Tricks

1. Jump, Turning Over Backward, Tuck, Pull, and Kickout to Feet. (3)
(Plates 793a, 793b, 793c)
2. Jump, Turning Over Backward in Layout Position, Bend Body and Knees to Land on Feet. (3)
(Plates 796a, 796b, 796c)

3. Jump, Turning Over Backward One and One-quarter in Tucked Position to Sit Landing, Bounce to Feet. (Plates 794a, 794b, 794c) (3)
4. Jump, Turning Over Backward in Layout Position, One-half Twist to Sit. (3)
5. Jump, Turning Over Backward in Layout Position, Hold Layout until Landing on Feet. (Plates 796a, 796b, 796c) (4)
6. Jump, Turning Over Backward One and One-quarter in Piked Position to Sit Landing, Bounce to Feet. (4)
7. Jump, Turning Over Backward One and One-quarter in Layout Position, Flex to Sit, Bounce to Feet. (4)
8. Jump, Turning Over Backward One and One-half in Tucked Position to Back Drop Landing, Bounce to Feet. (4)
9. Jump, Turning Over Backward One and One-half in Piked Position to Back Drop Landing, Bounce to Feet. (4)
10. Jump, Turning Over One and One-half Backward in Layout Position, Flex to Back Drop Landing, Bounce to Feet. (4)
11. Jump, Turning Over Backward One and Three-quarters in Tucked Position to Hands and Knees Landing, Bounce to Feet. (4)
12. Jump, Turning Over Backward Twice in Tuck Position, Kick Out to Feet. (4)
13. Jump, Turning Over Backward in Layout Position, One-half Twist to Feet. (Plates 797a, 797b, 797c) (4)
14. Jump, Tipping Backward with One-half Twist in Open Position, Tuck Turning Over Forward, Kickout to Feet. (4)
15. Jump, Turning Over Backward in Layout Position, One-half Twist Continuing to Turn Forward to Front Drop Landing, Bounce to Feet. (4)
16. Jump, Turning Over Backward in Layout Position, One-half Twist, Turn Forward and Duck Under to Back Drop Landing Position, Bounce to Feet. (4)
17. Jump, Turning Over Once Backward in Layout Position with One-half Twist, Tuck Turning Over Forward Once to Feet (Half Twisting Double). (5)
18. Jump, Turning Over Backward in a Layout Position with a Full Twist to the Feet. (4)
19. Jump, Turning Over Backward One and One-quarter in a Layout Position with a Full Twist to Sit, Bounce to Feet. (4)
20. Jump, Turning Over Backward One and One-quarter in a Layout Position with a Full Twist to a Back Drop Landing Position, Bounce to Feet. (4)
21. Jump, Turning Over Backward Once in a Layout Position with a One and One-half Twist to the Feet. (5)
22. Jump, Turning Over Backward One and One-quarter in a Layout Position, with a One and One-half Twist to Front Drop Landing. (5)
23. Jump, Turning Over Backward in a Layout Position with a Double Twist to the Feet. (5)
24. Jump, Turning Over Backward in a Layout Position with a Full Twist, Tuck Turn Over Backward Again, Kick Out to Feet (Full Twisting Back Double). (5)