

PaFreestyle Trampoline Check List

This checklist is to be used with corresponding Reference Videos.

Front Flip - Progression

- 1 Tuck Front Drop
- 2 Layout Front Drop
- 3 Forward Roll
- 4 3/4 Front
- 5 Crash dive
- 6 Front Tuck
- 7 Front Tuck 1/2 Twist
- 8 Front Pike
- 9 Front Layout 1/2 Twist (okay if Piked)

Back Flip - Progression

- 1 Seat Drop
- 2 Tuck Back Drop
- 3 Pike Back Drop
- 4 Lay Back Drop
- 5 Backward Roll
- 6 Back Pullover
- 7 Back Tuck
- 8 Back Pike
- 9 Back Layout

Off Axis - Misty 540 - Progression

- 1 Crash Dive
- 2 3/4 Front
- 3 Misty Roll
- 4 Misty 540

Off Axis - Cork 720 - Progression

- 1 Coffin Drop
- 2 Layout Front Drop
- 3 1/2 Airplane
- 4 Cork Roll (1/2 Airplane to Misty Roll)
- 5 Cork 720 (1/2 Airplane to Misty 540)