



Progression schedule for skills

- double mini-trampoline men -

1= skill performed with aid
 2= skill performed without aid
 3= skill in combination with another skill
 4= skill is mastered

SKILL		AGES											
Mount / Spotter	Dismount	6-7	7-8	8-9	9-10	10-11	11-12	12-13	13-14	14-15	15-16	16-17	17+
Tuck jump		2	3	4									
	Tuck jump	2	4										
Pike jump		2	3	4									
	Pike jump	2	4										
Straddle jump		2	3	4									
	Straddle jump	2	4										
	1/2 twist jump	1	3	4									
1/1 twist jump			2	3	4								
	1/1 twist jump	1	3	4									
Front salto (tucked)			1	2	3	4							
	Front salto (tucked)	1	2	3	4								
Front salto (piked)			1	2	3	4							
	Front salto (piked)	1	2	3	4	4							
Barani (tucked)			1	2	2	3	4						
	Barani (tucked)		1	2	3	4							
Barani (piked)			1	2	2	3	4						
	Barani (piked)		1	2	3	4							
Barani (straight)			1	2	2	3	3	4					
	Barani (straight)		1	2	2	3	4						
Rudolf (Rudy)				1	2	2	3	3	4				
	Rudolf (Rudy)			1	2	3	3	4					
Randolf (Randy)				1	1	2	2	3	3	4			
	Randolf (Randy)			1	1	2	3	3	4				
1/2 out Fliffis (tucked)					1	1	2	2	3	4			
	1/2 out Fliffis (tucked)				1	2	2	3	4				
1/2 out Fliffis (piked)						1	2	2	3	3	4		
	1/2 out Fliffis (piked)					1	2	2	3	4			
Rudy out (tucked)							1	1	2	2	3	4	
	Rudy out (tucked)						1	2	2	3	4		
Rudy out (piked)								1	2	2	3	3	4
	Rudy out (piked)							1	2	2	3	4	
Randy out (tucked)										1	2	3	3



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		6-7	7-8	8-9	9-10	10-11	11-12	12-13	13-14	14-15	15-16	16-17	17+
Mount / Spotter	Dismount												
	Randy out (tucked)									1	2	3	4
Randy out (piked)										1	2	2	3
	Randy out (piked)									1	2	3	4
Full in 1/2 out (tucked)							1	1	2	2	3	4	
	Full in 1/2 out (tucked)						1	2	2	3	4		
Full in 1/2 out (piked)								1	2	2	3	3	4
	Full in 1/2 out (piked)							1	2	2	3	4	
Full in 1/2 out (straight)										1	2	3	4
	Full in 1/2 out (straight)								1	2	3	4	
Full in Rudy out (piked)										1	2	2	3
	Full in Rudy out (piked)									1	2	3	4
1/2 out Triffis (tucked)										1	1	2	2
	1/2 out Triffis (tucked)								1	1	2	2	3
1/2 out Triffis (piked)											1	1	2
	1/2 out Triffis (piked)									1	1	2	2
Back salto (tucked)			1	2	3	4							
	Back salto (tucked)	1	2	3	4								
Back salto (piked)			1	2	3	4							
	Back salto (piked)	1	2	3	4	4							
Back salto (straight)				1	2	3	4						
	Back salto (straight)		1	2	3	4	4						
Back salto with 1/1 twist				1	2	3	4						
	Back salto with 1/1 twist		1	2	3	4	4						
Back salto with 2/1 twist					1	2	3	4					
	Back salto with 2/1 twist			1	2	3	4	4					
Back salto with 3/1 twist						1	2	3	4				
	Back salto with 3/1 twist				1	2	3	4	4				
2/1 back salto (tucked)				1	1	2	2	3	4				
	2/1 back salto (tucked)			1	2	2	3	4					
2/1 back salto (piked)					1	1	2	2	3	4			
	2/1 back salto (piked)				1	2	2	3	4				
2/1 back salto (straight)					1	1	2	2	3	4			



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Mount / Spotter	Dismount												
	2/1 back salto (straight)				1	2	2	3	4				
1/2 in 1/2 out (tucked)						1	2	2	3	3	4		
	1/2 in 1/2 out (tucked)					1	2	2	3	4			
1/2 in 1/2 out (piked)							1	1	2	2	3	4	
	1/2 in 1/2 out (piked)						1	2	2	3	4		
1/2 in Rudy out (tucked)								1	2	2	3	3	4
	1/2 in Rudy out (tucked)							1	2	2	3	4	
172 in Rudy out (piked)										1	2	3	3
	172 in Rudy out (piked)									1	2	3	4
1/2 in Randy out (piked)										1	2	2	3
	1/2 in Randy out (piked)									1	2	3	4
Full in full out (tucked)								1	2	2	3	3	4
	Full in full out (tucked)							1	2	2	3	4	
Full in full out (straight)										1	2	3	3
	Full in full out (straight)									1	2	3	4
Full in 2-full out (straight)										1	1	2	2
	Full in 2-full out (straight)									1	2	2	3
1/2 in 1/2 out Triffis (tucked)											1	1	2
	1/2 in 1/2 out Triffis (tucked)									1	1	2	2
1/2 out 1/2 out Triffis (piked)												1	2
	1/2 out 1/2 out Triffis (piked)										1	2	2



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SKILL		AGES											
		6-7	7-8	8-9	9-10	10-11	11-12	12-13	13-14	14-15	15-16	16-17	17+
Mount / Spotter	Dismount												
Tuck jump		2	3	4									
	Tuck jump	2	4										
Pike jump		2	3	4									
	Pike jump	2	4										
Straddle jump		2	3	4									
	Straddle jump	2	4										
	1/2 twist jump	1	3	4									
1/1 twist jump			2	3	4								
	1/1 twist jump	1	3	4									
Front salto (tucked)			1	2	3	4							
	Front salto (tucked)	1	2	3	4								
Front salto (piked)			1	2	3	4							
	Front salto (piked)	1	2	3	4	4							
Barani (tucked)			1	2	2	3	4						
	Barani (tucked)		1	2	3	4							
Barani (piked)			1	2	2	3	4						
	Barani (piked)		1	2	3	4							
Barani (straight)			1	2	2	3	3	4					
	Barani (straight)		1	2	2	3	4						
Rudolf (Rudy)				1	2	2	3	3	4				
	Rudolf (Rudy)			1	2	3	3	4					
Randolf (Randy)					1	1	2	2	3	3	4		
	Randolf (Randy)				1	1	2	3	3	4			
1/2 out Fliffis (tucked)						1	1	2	2	3	4		
	1/2 out Fliffis (tucked)					1	2	2	3	4			
1/2 out Fliffis (piked)								1	2	2	3	3	4
	1/2 out Fliffis (piked)							1	2	2	3	4	
Rudy out (tucked)									1	1	2	2	3
	Rudy out (tucked)								1	2	2	3	4
Rudy out (piked)										1	2	2	3
	Rudy out (piked)									1	2	2	3
Randy out (tucked)													1



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Mount / Spotter	Dismount												
	Randy out (tucked)												1
Randy out (piked)	Randy out (piked)												1
Full in 1/2 out (tucked)	Full in 1/2 out (tucked)							1	1	2	2	3	4
Full in 1/2 out (piked)	Full in 1/2 out (piked)							1	2	2	3	4	
Full in 1/2 out (straight)	Full in 1/2 out (straight)								1	2	2	3	3
Full in Rudy out (piked)	Full in Rudy out (piked)									1	2	3	4
1/2 out Triffis (tucked)	1/2 out Triffis (tucked)											1	2
1/2 out Triffis (piked)	1/2 out Triffis (piked)												1
Back salto (tucked)	Back salto (tucked)		1	2	3	4							
Back salto (piked)	Back salto (piked)	1	2	3	4								
Back salto (straight)	Back salto (straight)			1	2	3	4						
Back salto with 1/1 twist	Back salto with 1/1 twist		1	2	3	4	4						
Back salto with 2/1 twist	Back salto with 2/1 twist		1	2	3	4	4						
Back salto with 3/1 twist	Back salto with 3/1 twist				1	2	3	4					
2/1 back salto (tucked)	2/1 back salto (tucked)				1	2	3	4	4				
2/1 back salto (piked)	2/1 back salto (piked)					1	2	2	3	4			
2/1 back salto (straight)	2/1 back salto (straight)						1	1	2	2	3	4	



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Mount / Spotter	Dismount												
	2/1 back salto (straight)						1	2	2	3	4		
1/2 in 1/2 out (tucked)									1	2	2	3	3
	1/2 in 1/2 out (tucked)								1	2	2	3	4
1/2 in 1/2 out (piked)										1	1	2	2
	1/2 in 1/2 out (piked)									1	2	2	3
1/2 in Rudy out (tucked)											1	2	2
	1/2 in Rudy out (tucked)										1	2	2
172 in Rudy out (piked)													1
	172 in Rudy out (piked)												1
1/2 in Randy out (piked)													1
	1/2 in Randy out (piked)												1
Full in full out (tucked)											1	2	2
	Full in full out (tucked)										1	2	2
Full in full out (straight)													1
	Full in full out (straight)												1
Full in 2-full out (straight)													1
	Full in 2-full out (straight)												
1/2 in 1/2 out Triffis (tucked)													
	1/2 in 1/2 out Triffis (tucked)												
1/2 out 1/2 out Triffis (piked)													
	1/2 out 1/2 out Triffis (piked)												