



Progression schedule for skills

- trampoline men -

Skill identification

1. 1 = no rotation; 2=forward rotation; 3=backward rotation
2. Starting position: 1 = feet; 2=front; 3=back; 4=seat
3. Salto rotation (1/4 of salto)
4. Twist rotation (1/2 twists)
5. Position (o=tuck; <=pike; /=straight)

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

SKILL	Further identification of the skill					AGES												
	1	2	3	4	5	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	1	1	0	0	o	4												
Pike jump	1	1	0	0	<	4												
Straddle jump	1	1	0	0	x	4												
1/2 twist jump	1	1	0	1	-	4												
1/1 twist jump	1	1	0	2	-	4												
Seat-drop	1	1	0	0	-	4												
Front-drop	1	1	0	0	-	4												
Back-drop	1	1	0	0	-	4												
1/2 twist from seat to seat-drop	0	4	0	1	-	4												
1/4 front salto from seat to front-drop	2	4	1	0	-	4												
1/4 front salto with 1/2 twist from seat to back-drop	2	4	1	1	-	4												
1/4 front salto with 1/2 twist to back-drop	2	1	1	1	-	4												
1/4 back salto with 1/2 twist to front-drop	3	1	1	1	-	4												
1/2 front salto from back to front-drop	2	3	2	0	-	4												
1/2 front salto with 1/2 twist from back to back-drop	2	3	2	1	-	4												
1/2 front salto from front to back-drop	2	2	2	0	-	4												
1/2 back salto from front to back-drop	3	2	2	0	-	4												
1/2 back salto with 1/2 twist from front to front-drop	3	2	2	1	-	4												
1/2 back salto from back to front-drop	3	3	2	0	-	4												
1/2 back salto with 1/2 twist from back to back-drop	3	3	2	1	-	4												
1/2 back salto with 1/1 twist from front to back-drop	3	2	2	2	-		4											
1/4 back salto with 1 1/2 twist to front-drop	3	1	1	3	-	1	4											
1/4 back salto with 1/1 twist to back-drop	3	1	1	2	-	1	4											
1/4 front salto with 1/1 twist to front-drop	2	1	1	2	-	1	4											
1/2 front salto with 1/1 twist from back to front-drop	2	3	2	2	-	1	4											
1 1/2 twist from seat to seat-drop	0	4	0	3	-	1	4											
1/1 twist from seat to seat-drop	0	4	0	2	-	2	4											
1/2 front salto with 1 1/2 twist from back to back-drop	2	3	1	3	-		4											



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	1	2	3	4	5	6-7	7-8	8-9	9-10	10-11	11-12	12-13	13-14	14-15	15-16	16-17	17+	
1/2 back salto with 1 1/2 twist from front to front-drop	3	2	2	3	-		4											
2/1 twists from seat to seat-drop	0	4	0	4	-		1	4										
1/4 front salto with 1 1/2 twist to back-drop	2	1	1	3	-		1	4										
1/4 front salto with 1/1 twist from seat to front-drop	2	4	1	2	-	1	2	4										
1/1 front salto (tucked)	2	1	4	0	o	2	4											
1/1 front salto (piked)	2	1	4	0	<	1	4											
Barany (tucked)	2	1	4	1	o		1	3	4									
Barany (piked)	2	1	4	1	<		1	3	4									
Barany (straight)	2	1	4	1	/		1	3	3	4								
Rudolf (Rudy)	2	1	4	3	-			1	2	4								
Randolf (Randy)	2	1	4	5	-				1	2	3	4						
1/1 back salto (tucked)	3	1	4	0	o	1	4											
1/1 back salto (piked)	3	1	4	0	<		2	4										
1/1 back salto (straight)	3	1	4	0	/		1	4										
1/1 back salto with 1/1 twist	3	1	4	0	-		1	2	4									
1/1 back salto with 2/1 twists	3	1	4	4	-				1	2	3	4						
1/1 back salto with 3/1 twists	3	1	4	6	-						1	3	4					
3/4 back salto from back	3	3	3	0	-	4												
3/4 front salto with 1/2 twist from front	2	2	3	1	-		4											
3/4 front salto to back (straight)	2	1	3	0	/	2	4											
1/1 front salto from back to back	2	3	4	0	-		4											
3/4 back salto to front	3	1	3	0	-	1	3	4										
1/4 front salto with 1 1/2 twist from seat to back-drop	2	4	1	3	-		1	4										
3/4 front salto from seat to back-drop	2	4	3	0	-		1	4										
1/1 back salto from front	3	2	4	0	-		1	4										
1 1/4 back salto from front (tucked)	3	2	5	0	o		1	4										



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SKILL	Further identification of the skill					AGES											
	1	2	3	4	5	6-7	7-8	8-9	9-10	10-11	11-12	12-13	13-14	14-15	15-16	16-17	17+
1 1/4 front salto to front-drop	2	1	5	0	-		1	4									
1 1/4 front salto with 1/2 twist from back	2	3	5	1	-		1	4									
1 1/4 back salto from front (straight)	3	2	5	0	/				4								
1 1/4 back salto from front (piked)	3	2	5	0	<			1	4								
1/1 front salto with 1/1 twist from back to back-drop	2	3	4	2	-			1	4								
1 1/4 back salto	3	1	5	0	-		1	2	3	4							
1 3/4 front salto to back (tucked)	2	1	7	0	o			1	2	4							
1 1/4 front salto with 1 1/2 twist from back	2	3	5	3	-				1	4							
1 1/4 back salto with 1/1 twist from front	3	2	5	2	-				1	4							
1 3/4 front salto with 1/2 twist from front	2	2	7	1	-					1	4						
1 3/4 front salto to back-drop (piked)	2	1	7	0	<				1	3	4						
1 1/4 front salto with 2 1/2 twists from back	2	3	5	5	-					1	2	4					
2 1/4 front salto with 1/2 twist from back (tucked)	2	3	9	1	o							1	4				
2 1/4 front salto with 1/2 twist from back (piked)	2	3	9	1	<							2	4				
2 1/4 back salto from front	3	1	9	0	-						1	4					
2/1 back salto (tucked)	3	1	8	0	o			1	2	3	4						
2/1 back salto (piked)	3	1	8	0	<				1	2	3	4					
Half in Half out (tucked)	3	1	8	2	o					1	2	3	4				
Back in Full out (tucked)	3	1	8	2	o					1	2	3	4				
2/1 back salto (straight)	3	1	8	0	/					1	2	3	4				
Half in Half out (piked)	3	1	8	2	<						1	2	4				
Back in Full out (straight)	3	1	8	2	/						1	2	4				
Half in Rudy out (tucked)	3	1	8	4	o							1	3	4			
Full in Full out (tucked)	3	1	8	4	o							1	2	4			
Full in Full out (straight)	3	1	8	4	/								1	3	4		
1 1/2 in 1/2 out (piked)	3	1	8	4	<								1	3	4		
Half in Rudy out (piked)	3	1	8	4	<									1	2	4	
Full in 2-full out (tucked)	3	1	8	6	o									1	2	4	



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	1	2	3	4	5	6-7	7-8	8-9	9-10	10-11	11-12	12-13	13-14	14-15	15-16	16-17	17+
Full in 2-full out (straight)	3	1	8	6	/									1	2	4	
Half in Randy out (piked)	3	1	8	6	<									1	2	3	4
Half out Fliffis (tucked)	2	1	8	1	o			1	2	3	4						
Half in Fliffis (tucked)	2	1	8	1	o			1	2	3	4						
Half out Fliffis (piked)	2	1	8	1	<				1	2	3	4					
Half in Fliffis (piked)	2	1	8	1	<				1	2	3	4					
Rudy out Fliffis (tucked)	2	1	8	3	o					1	2	3	4				
Rudy out Fliffis (piked)	2	1	8	3	<					1	3	4					
Full in Half out (tucked)	2	1	8	3	o						1	3	4				
Full in Rudy out (tucked)	2	1	8	5	o						1	2	3	4			
Randy out Fliffis (tucked)	2	1	8	5	o						1	2	3	4			
Full in Half out (piked)	2	1	8	3	<							1	3	4			
Randy out Fliffis (piked)	2	1	8	5	<						1	1	2	2	4		
Full in Half out (straight)	2	1	8	3	/								1	3	4		
Full in Rudy out (piked)	2	1	8	5	<									1	3	4	
Full in Rudy out (straight)	2	1	8	5	/									1	3	4	
Half out Triffis (tucked)	2	1	12	1	o									1	2	3	4
Half in Half out Triffis (tucked)	3	1	12	2	o									1	2	3	4
Half out Triffis (piked)	2	1	12	1	<									1	2	4	
Half in Half out Triffis (piked)	3	1	12	2	<									1	2	4	



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4. Twist rotation (1/2 twists)
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	1	2	3	4	5	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	1	1	0	0	o	4												
Pike jump	1	1	0	0	<	4												
Straddle jump	1	1	0	0	x	4												
1/2 twist jump	1	1	0	1	-	4												
1/1 twist jump	1	1	0	2	-	4												
Seat-drop	1	1	0	0	-	4												
Front-drop	1	1	0	0	-	4												
Back-drop	1	1	0	0	-	4												
1/2 twist from seat to seat-drop	0	4	0	1	-	4												
1/4 front salto from seat to front-drop	2	4	1	0	-	4												
1/4 front salto with 1/2 twist from seat to back-drop	2	4	1	1	-	4												
1/4 front salto with 1/2 twist to back-drop	2	1	1	1	-	4												
1/4 back salto with 1/2 twist to front-drop	3	1	1	1	-	4												
1/2 front salto from back to front-drop	2	3	2	0	-	4												
1/2 front salto with 1/2 twist from back to back-drop	2	3	2	1	-	4												
1/2 front salto from front to back-drop	2	2	2	0	-	4												
1/2 back salto from front to back-drop	3	2	2	0	-	4												
1/2 back salto with 1/2 twist from front to front-drop	3	2	2	1	-	4												
1/2 back salto from back to front-drop	3	3	2	0	-	4												
1/2 back salto with 1/2 twist from back to back-drop	3	3	2	1	-	4												
1/2 back salto with 1/1 twist from front to back-drop	3	2	2	2	-	1	4											
1/4 back salto with 1 1/2 twist to front-drop	3	1	1	3	-		1	4										
1/4 back salto with 1/1 twist to back-drop	3	1	1	2	-	1	4											
1/4 front salto with 1/1 twist to front-drop	2	1	1	2	-		1	4										
1/2 front salto with 1/1 twist from back to front-drop	2	3	2	2	-	1	4											
1 1/2 twist from seat to seat-drop	0	4	0	3	-	1	4											
1/1 twist from seat to seat-drop	0	4	0	2	-	2	4											
1/2 front salto with 1 1/2 twist from back to back-drop	2	3	1	3	-		2	4										



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4. Twist rotation (1/2 twists)
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	1	2	3	4	5	6-7	7-8	8-9	9-10	10-11	11-12	12-13	13-14	14-15	15-16	16-17	17+
1/2 back salto with 1 1/2 twist from front to front-drop	3	2	2	3	-		2	4									
2/1 twists from seat to seat-drop	0	4	0	4	-			1	4								
1/4 front salto with 1 1/2 twist to back-drop	2	1	1	3	-			1	4								
1/4 front salto with 1/1 twist from seat to front-drop	2	4	1	2	-		1	4									
1/1 front salto (tucked)	2	1	4	0	o	1	4										
1/1 front salto (piked)	2	1	4	0	<		1	4									
Barany (tucked)	2	1	4	1	o		1	2	4								
Barany (piked)	2	1	4	1	<			1	4								
Barany (straight)	2	1	4	1	/			1	2	4							
Rudolf (Rudy)	2	1	4	3	-				1	4							
Randolf (Randy)	2	1	4	5	-						1	2	3	4			
1/1 back salto (tucked)	3	1	4	0	o	2	4										
1/1 back salto (piked)	3	1	4	0	<	1	2	4									
1/1 back salto (straight)	3	1	4	0	/		1	2	4								
1/1 back salto with 1/1 twist	3	1	4	0	-		1	2	4								
1/1 back salto with 2/1 twists	3	1	4	4	-			1	1	2	3	4					
1/1 back salto with 3/1 twists	3	1	4	6	-						1	3	4				
3/4 back salto from back	3	3	3	0	-	1	4										
3/4 front salto with 1/2 twist from front	2	2	3	1	-			1	4								
3/4 front salto to back (straight)	2	1	3	0	/		2	4									
1/1 front salto from back to back	2	3	4	0	-		2	4									
3/4 back salto to front	3	1	3	0	-		2	4									
1/4 front salto with 1 1/2 twist from seat to back-drop	2	4	1	3	-			4									
3/4 front salto from seat to back-drop	2	4	3	0	-		1	2	4								
1/1 back salto from front	3	2	4	0	-		1	2	4								
1 1/4 back salto from front (tucked)	3	2	5	0	o		1	2	4								



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1 1/4 front salto to front-drop	2	1	5	0	-			1	4								
1 1/4 front salto with 1/2 twist from back	2	3	5	1	-			1	4								
1 1/4 back salto from front (straight)	3	2	5	0	/				1	2	3	4					
1 1/4 back salto from front (piked)	3	2	5	0	<			1	3	4							
1/1 front salto with 1/1 twist from back to back-drop	2	3	4	2	-			1	2	3	4						
1 1/4 back salto	3	1	5	0	-			1	2	4							
1 3/4 front salto to back (tucked)	2	1	7	0	o				1	3	4						
1 1/4 front salto with 1 1/2 twist from back	2	3	5	3	-				1	2	3	4					
1 1/4 back salto with 1/1 twist from front	3	2	5	2	-					1	2	4					
1 3/4 front salto with 1/2 twist from front	2	2	7	1	-				1	2	3	4					
1 3/4 front salto to back-drop (piked)	2	1	7	0	<					2	3	4					
1 1/4 front salto with 2 1/2 twists from back	2	3	5	5	-							1	2	3	4		
2 1/4 front salto with 1/2 twist from back (tucked)	2	3	9	1	o									1	2	3	4
2 1/4 front salto with 1/2 twist from back (piked)	2	3	9	1	<												
2 1/4 back salto from front	3	1	9	0	-									1	2	3	4
2/1 back salto (tucked)	3	1	8	0	o			1	2	3	4						
2/1 back salto (piked)	3	1	8	0	<				1	2	2	3	4				
Half in Half out (tucked)	3	1	8	2	o						1	2	4				
Back in Full out (tucked)	3	1	8	2	o												
2/1 back salto (straight)	3	1	8	0	/							1	2	4			
Half in Half out (piked)	3	1	8	2	<							1	3	4			
Back in Full out (straight)	3	1	8	2	/												
Half in Rudy out (tucked)	3	1	8	4	o								1	2	3	4	
Full in Full out (tucked)	3	1	8	4	o								1	2	3	4	
Full in Full out (straight)	3	1	8	4	/									1	2	3	4
1 1/2 in 1/2 out (piked)	3	1	8	4	<								1	3	4		
Half in Rudy out (piked)	3	1	8	4	<									1	2	3	4
Full in 2-full out (tucked)	3	1	8	6	o												



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Full in 2-full out (straight)	3	1	8	6	/												
Half in Randy out (piked)	3	1	8	6	<												
Half out Fliffis (tucked)	2	1	8	1	o				1	2	4						
Half in Fliffis (tucked)	2	1	8	1	o												
Half out Fliffis (piked)	2	1	8	1	<					1	2	4					
Half in Fliffis (piked)	2	1	8	1	<												
Rudy out Fliffis (tucked)	2	1	8	3	o						1	3	4				
Rudy out Fliffis (piked)	2	1	8	3	<						1	2	3	4			
Full in Half out (tucked)	2	1	8	3	o							1	2	3	4		
Full in Rudy out (tucked)	2	1	8	5	o												
Randy out Fliffis (tucked)	2	1	8	5	o									1	2	3	4
Full in Half out (piked)	2	1	8	3	<								1	2	3	4	
Randy out Fliffis (piked)	2	1	8	5	<										1	2	4
Full in Half out (straight)	2	1	8	3	/										1	3	4
Full in Rudy out (piked)	2	1	8	5	<												
Full in Rudy out (straight)	2	1	8	5	/												
Half out Triffis (tucked)	2	1	12	1	o											1	4
Half out Triffis (piked)	2	1	12	1	<												