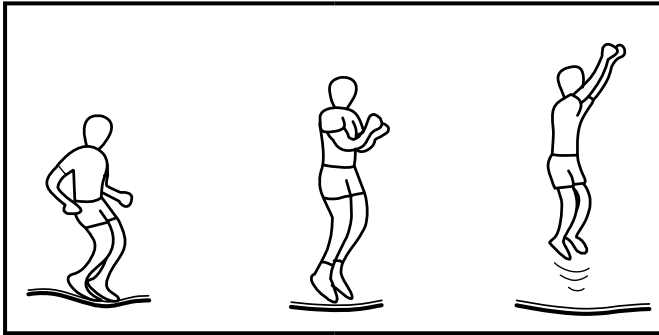


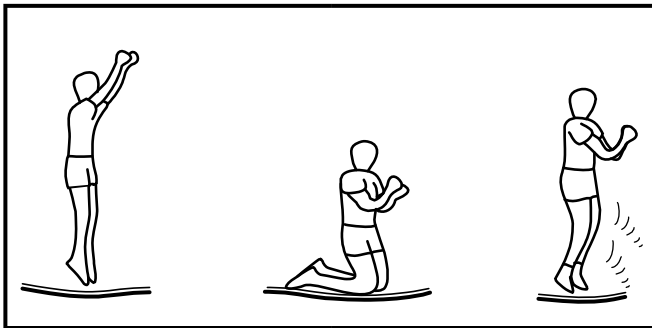
BASIC TRAMPOLINE BOUNCES

THE BASIC BOUNCE



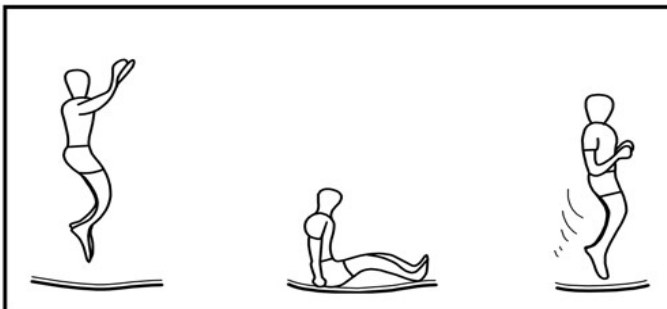
1. Start from standing position, feet shoulder width apart and with head up and eyes on mat.
2. Swing arms forward and up and around in a circular motion.
3. Bring feet together while in mid-air and point toes downward.
4. Keep feet shoulder width apart when landing on mat.

KNEE BOUNCE



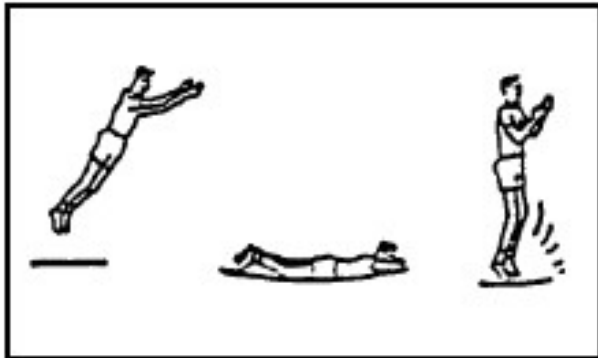
1. Start with basic bounce and keep it low.
2. Land on knees keeping back straight, body erect and use your arms to maintain balance.
3. Bounce back to basic bounce position by swinging arms up.

SEAT BOUNCE



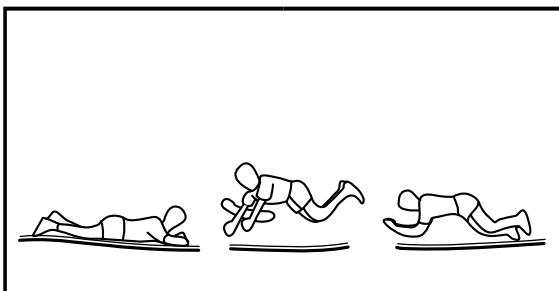
1. Land in a flat sitting position.
2. Place hands on mat beside hips, do not lock your elbow.
3. Return to erect position by pushing with hands.

BELLY BOUNCE



1. Start with basic bounce and keep it low.
2. Land on stomach (facing towards the ground) and keep hands and arms extended forward on the mat.
3. Push up with your arms to bounce up from the mat.

180DEGREE BOUNCE



1. Start with front bounce position.
2. Push off with left or right hands and arms (depending on which way you wish to turn).
3. Maintain head and shoulders in the same direction and keep back parallel to mat and head up.
4. Land in prone position and return to standing position by pushing up with hands and arms.

⚠ WARNING

ALWAYS START YOUR JUMP AT THE CENTRE TARGET (BROKEN CIRCLE). WHEN YOU LAND MORE THAN 1FT AWAY FROM THE EDGE OF CENTRE TARGET, STOP YOUR JUMP IMMEDIATELY!!

RESTART YOUR JUMP AT THE CENTRE TARGET.