

# personal achievement chart

## Award 14

Name.....



activities	date	signature
<b>Compulsory</b>		
1. Barani straight		
2. Back somersault straight, back somersault tucked		
3. Barani piked, back somersault piked		
4. Back somersault, Barani, repeat in different shapes x 3		
5. One and a quarter front somersault tucked to front landing, to feet (mat allowed)		
6. Three quarter front somersault, ball out tucked, half twist jump		
7. Back somersault straight, piked or tucked with half twist		
8. Three quarter back somersault straight with early half twist, half twist to feet		
9. Full twisting front somersault		
10. Front somersault piked, front somersault tucked		
<b>Routine</b>		
A seven somersault routine which can be used in competition		
<b>Optional - achieve any 4 out of the 6 activities</b>		
1. Barani to back		
2. Barani to back, half twist to front		
3. Three quarter back somersault straight, cruise and duck under to back landing		
4. One and a quarter front somersault piked (mat allowed)		
5. Back somersault tucked, three quarter front somersault straight, ball out tucked		
6. Three quarter Barani with half twist to back landing		



proficiency awards  
trampoline