

TRA Mobility Skills

Level 1 --> 2
Seat drop, hands & knees, hands & knees
Front drop position
Seat drop, hands & knees, front drop
Back drop position
Standing fall backwards to back drop position
Jump to back drop on mat

Level 2 --> 3
1/2 twist to seat drop
Seat drop, hands & knees, 3/4 front somersault to feet
Seat drop to front drop
Back drop, 1/2 twist to feet
Seat drop, 1/2 twist to seat drop (swivel hips)
Seat drop, hands & knees, 2/4 front somersault to back drop
Back drop, pullover on mat
Front somersault tuck
Tuck to flat back
Pike to flat back

Level 3 --> 4
Back drop, pullover tuck
Back drop to front drop
Cradle tuck & pike
Front drop to back drop
Straight to flat back
Jump 1 & 1/2 twist
1/2 twist to front drop (airplane)
Back somersault tuck
Front somersault pike
Seat drop, 1/1 twist to feet
Seat drop, hands & knees, 2/4 front somersault to flat back, 1/2 twist to front drop

Level 4 --> 5
Front drop, 1/2 twist to flat back
Straight to flat back, 1/1 twist to flat back
Jump 2 twists
1/1 twist to seat drop
1/1 twist to back drop
Back drop, pullover pike
Back drop, pullover with 1/2 twist
3/4 front somersault tuck to flat back (mat)
1/2 twist to back drop

Level 5 --> 6
3/4 back somersault tuck
3/4 back somersault pike
3/4 front somersault straight to flat back (mat)
Back drop, 1/1 twist to back drop (cat twist)
Front drop to back drop straight
Barani tuck
Front somersault straight (arms up)
Barani tuck, back somersault tuck
Seat drop, hands & knees, barani tuck to front drop

Level 6 --> 7
Front drop, 1/2 twist to front drop (cruise)
Porpoise
3/4 back somersault straight
3/4 front somersault straight, ball out tuck
3/4 back somersault straight, tuck to back drop, pullover tuck
Back drop, 1/1 twist to front drop
Seat drop, hands & knees, 2/4 front somersault tuck with 1/1 twist to flat back (full down)

Level 7 --> 8
Porpoise pike to flat back
Cody tuck
Front drop, 1/1 twist to back drop
Back somersault tuck to back drop (mat)
Front full straight
3/4 back somersault with 1/2 twist to flat back
Rudi pike
Ball out pike

Level 8 --> 9
Double back somersault tuck
Back drop, 1 & 1/2 twist to front drop
Front drop, 1 & 1/2 twist to flat back
Cody pike
1 & 1/4 front somersault tuck to front drop
Hands and knees, 1 & 1/2 front somersault to flat back

Level 9 --> 10 and Level 10 --> Open
Arabian 3/4 front somersault to flat back
1 & 1/4 back somersault pike to back drop
Porpoise tuck and pike with 1/1 twist to flat back (full up)
Front full to seat drop
Rudi ball out
1 & 3/4 front somersault tuck & pike

TUM Mobility Skills

Level 1 --> 2
20 second handstand (stomach against wall)
Handstand forward roll
Back extension roll, pike down
Power hurdle to lunge
Step roundoff (off panel mat) landing straight leg hollow position
Power hurdle cartwheel stepin to hollow position
Power hurdle roundoff
One bounce angle bounce to flat back on tumble track/trampoline
One bounce angle bounce back handspring on tumble track/trampoline with a spot
Back limber with a spot
Power hurdle roundoff bounce to back on tumble track

Level 2 --> 3
40 second handstand (stomach against wall)
Back limber
Power hurdle roundoff bounce to back onto 24-36" stacked mats
One bounce angle bounce back handspring on tumble track/trampoline
Power hurdle roundoff, back handspring on floor with a spot
Run roundoff, back handspring

Level 3 --> 4
60 second handstand (stomach against wall)
Handstand snapdown, back handspring off of spotting block/stacked panel mats on tumble track/trampoline
Power hurdle roundoff, back handspring bounce to flat back onto stacked mats
One bounce angle 2 back handsprings on tumble track
Run roundoff, 2 back handsprings bounce to flat back onto 24-36" stacked mats
Run roundoff, 2, 3, and 4 back handsprings
Back tuck on trampoline
Run roundoff, back handspring, rebound to 24-36" stacked mats

Level 4 --> 5
Power hurdle roundoff, back handspring, back tuck on tumble track
Power hurdle roundoff, 3 back handsprings, rebound to 24" stacked mats
Run roundoff, 6 back handsprings
Back pike on trampoline
Run roundoff, back handspring, back tuck
Run roundoff, 3 back handsprings, back tuck

Level 5 --> 6
Power hurdle roundoff, 6 back handsprings
Run roundoff, back handspring, back pike
Run roundoff, 6 back handsprings, back tuck and back pike
Back straight (layout) on trampoline
Power hurdle roundoff, whip bounce to flat back on tumble track

Level 6 --> 7
Run roundoff, whip bounce to flat back onto 24-36" resi/stacked mats
Run roundoff, whip, back handspring
Run roundoff, 2 whips bounce to flat back onto 24-36" resi/stacked mats
Run roundoff, 2 whips, back handspring
Power hurdle roundoff, back handspring, back straight (layout) on tumble track
Run roundoff, back handspring, back straight (layout)
Run roundoff, 6 back handsprings, back tuck and back pike and back straight
Power hurdle roundoff, 3 whips bounce to back on tumble track
Standing back tuck on rod floor

Level 7 --> 8
Run roundoff, 3 whips, back handspring
Full on trampoline
Power roundoff, back handspring, full on tumble track
Run roundoff, back handspring, full
Run roundoff, 6 whips
Run roundoff, full bounce to back or run roundoff, whip, full bounce to back onto 24-36" resi/stacked mats

Level 8 --> 9
Run roundoff, full, whip or run roundoff, whip, full, whip
Double back tuck on trampoline
Power hurdle roundoff, back handspring, double back tuck on tumble track
Run roundoff, back handspring, double back tuck
Double back pike on trampoline
Power hurdle roundoff, back handspring, double back pike on tumble track
Power hurdle roundoff, back handspring, back straight (layout), whip on tumble track

Level 9 --> 10 and Level 10 --> Open
Run roundoff, back handspring, double back pike
Run roundoff, back handspring, back straight (layout), whip
Run roundoff, back handspring, back straight (layout), 3 whips, back handspring, back straight (layout)

DMT Mobility Skills

Please also use all mobility skills from Trampoline, as both disciplines line up with skill abilities

Beginner Running Drill

Seated Arm Runs
Sprint Wall Commands
Bench Runs

Advanced Running Drill

Dribbles/Ankling
Straight Leg Bound
Bent Leg Bound

Level 1 --> 2

Run land 2 feet on mark on floor/mat
Run land 2 feet on 1-2" mat, then to 4", then to 8" and then up to 12" mat
Run land 2 feet on springboard straight jump off to absorbed landing
Standing straight jump off double mini to absorbed landing/progressing to position jumps
Find distance mark to ensure proper hurdle and mount

Level 2 --> 3

1/2 twist on floor/mat
1/1 twist prep-start arms above head jump 1/2 twist to arms out "T" then jump the remaining 1/2 twist bringing arms to side on floor
Repeat faster and faster then 1/2 twist all the way around starting arms up and finishing arms down.

Level 3 --> 4

Continue fast run from same start spot on floor
Running mounter tuck jump from mounter bed to mat placed on spotter bed
From dismount bed few bounces front somersault tuck and pike to landing area

Level 4 --> 5

Mounter straddle, front tuck dismount to jump 1/2 twist on landing mat
Spotter back tuck to mat placed on spotter bed

Level 5 --> 6

Mounter front somersault tuck to mat on spotter bed, then to 8" and then to 12"
Mounter front somersault tuck to mat placed on spotter bed to jump 1/2 twist on mat
Mounter barani tuck to straight jump backward to landing zone

Level 6 --> 7

Mounter front somersault pike to mat placed on spotter bed
Mounter barani pike to mat placed on spotter bed
Back pike, 3/4 front somersault straight to flat back on trampoline

Level 7 --> 8

Back somersault straight with 1/2 twist
Front full straight

Level 8 --> 9

Safe completion of double somersault tuck on trampoline
Single to or from a double combination with second skill more elevated than first

Level 9 --> 10 and Level 10 --> Open

All skills & skill combinations performed safely on trampoline using proper progressions
Practice all mounter skills to mat placed on spotter bed