Programme trampoline pour la gymnastique / ordre

Liste des mouvements

--Niveau 1 à 14 – Loisir--

Front t p s

Back t p s

¾ front t p s

Barani t p s

½ tour atr

Front full t s (2 techniques)

¾ back t p s

Back ½ tour (tard/full out)

Plongeon front

½ tour front t

Back full t s

Rudy s

Plongeon barani ballout

Back 1 ½ full (t,s)

Plongeon front full ballout

1 ¾

2 front t p

Back dos (visuel)

2 back t p

Back 2 full, 2 ½

Front 2 full, 2 1/2

Barani out t p

?Barani back t p?

½ in t

?¾ back, cody?

Full in t, Full out t, Full out avant, ½ ½ out

Rudy t, Rudy ballout t, rudy out

Full full t

2 full out t

2 tendu, Full out s, Full in s, Full full s

Miller

3 back

Les routines sur trampoline:

-Back t, saut, back p, saut, back s, saut, barani t, saut, barani p, saut, barani s, saut

-Back t, back p, back s

-barani t, barani p, barani s et Front t, Front p, Front s

-Back t, barani t, back p, barani p, back s, barani s