**MOMENT repertoirer TRAMPOLIN**

**NAVN:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATO:\_\_\_\_\_\_\_\_\_\_\_**

o-sammenbøjet, <- hoftebøjet, / - strakt

Sæt ”**X”** hvis man kan. Ved evt. manglende tilfredsstillende teknik ”%T”, som tilføjelse.

**Forlæns omgang**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 - /  Mavelanding | 3 - /  ¾ Forlænder | 3 - / + 5 - o  ¾ Forlæn. Ball out | 3 - / + 5.1 o  ¾ For. Barani ball out |
| 4 o  o forlænder | 4 <  < forlænder |  |  |
| 4.1 o  o barani | 4.1 <  < barani | 4. 1 /  / barani | 4. 3 /  Rudolf |
| 7- o  1¾ o forlænder | 7- o + 5.1 o  1¾ o forl. Barani ball out | 7- o + 5.3 /  1¾ o forl. rudy ball out |  |
| 7- <  1¾ < forlænder | 7- < + 5.1 o  1¾ < forl. Barani ball out | 7- < + 5.3 /  1¾ < forl. rudy ball out |  |
| 8-1 o  o out | 8-1 <  < out | 8-3 o  o rudy out | 8-3 <  < rudy out |
| 8 2 1 o  o Full in half | 8 2 1 <  < Full in half | 12--1 o  o Triff | 12--1 <  < Triff |

**Baglæns omgang**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 -/  Ryg landing | 3- /  ¾ baglænder | 3- / + 5 -o  ¾ bagl cody | 3 1 /  Half twist |
| 4 o  o baglænder | 4 <  < baglænder | 4 /  / baglænder | 4 2 /  Bagl med hel skrue |
| 7 1- o  o Half in 1¾ | 7 1- <  < Half in 1¾ | 8 1 1 o  o Half in half | 8 1 1<  < Half in half |
| 8--o  o Dobbelt back | 8-- <  < Dobbelt back | 8 -- /  / Dobbelt back |  |
| 8 3 1 o  o Full in half | 8 3 1 <  < Full in half | 8 1 3 o  o Half in rudy | 8 1 3 <  < Half in rudy |