

# The Gymnastics Association of Hong Kong, China

## Trampoline Badges Scheme

Level 1	Level 2	Level 3
<ol style="list-style-type: none"> <li>1. Tuck Jump</li> <li>2. Piked Straddle Jump</li> <li>3. Pike Jump</li> <li>4. 1/2 Twist</li> <li>5. Full Twist</li> <li>6. Seat Drop, To Feet</li> </ol>	<ol style="list-style-type: none"> <li>1. Tuck → Straddle → Pike (2 sets)</li> <li>2. Seat Drop → 1/2 To Feet</li> <li>3. 1/2 Twist to Seat Drop → To Feet</li> <li>4. Seat Drop → 1/2 To Seat Drop → To Feet [Swivel Hips]</li> <li>5. From Hands &amp; Knees Drop → Front Drop → To Feet</li> </ol>	<ol style="list-style-type: none"> <li>1. Front Drop → To Feet</li> <li>2. Back Drop → To Feet</li> <li>3. Any ONE routine contains: 3 skills of Level 1, 1 skill of Level 2 &amp; 1 skill of Level 3</li> </ol>
Level 4	Level 5	Level 6
<ol style="list-style-type: none"> <li>1. Back Drop → 1/2 Twist To Back Drop [Cradle]</li> <li>2. Seat Drop → Full Twist To Seat Drop [Seat Roller]</li> <li>3. From Hands &amp; Knee Drop → Forward Turnover To Back Drop</li> <li>4. 3/4 Front Somersault (/) To Back Drop [Crash Dive] → To Feet</li> <li>5. Front Somersault (o)</li> <li>6. Back Somersault (o)</li> </ol>	<ol style="list-style-type: none"> <li>1. Back Drop → Full Twist To Back Drop [Cat Twist]</li> <li>2. Back Somersault (&lt;)</li> <li>3. Front Somersault (&lt;)</li> <li>4. Barani (o)</li> <li>5. Barani (&lt;)</li> <li>6. 3/4 Back Somersault (/) To Front Drop [Lazy Back] → To Feet</li> </ol>	<ol style="list-style-type: none"> <li>1. Back Somersault (/)</li> <li>2. Barani (/)</li> <li>3. Any ONE routine contains: 1 skill of Level 4, 1 skill of Level 5 &amp; 1 skill of Level 6</li> </ol>
Level 7	Level 8	Level 9
<ol style="list-style-type: none"> <li>1. 3/4 Front Somersault (/) To Back Drop → Ballout (o) Or Ballout Barani (o) Or 3/4 Back Somersault (/) To Front Drop → Cody (o)</li> <li>2. Back Full</li> </ol>	<ol style="list-style-type: none"> <li>1. Any 1 Double Somersault</li> <li>2. Rudy</li> </ol>	<ol style="list-style-type: none"> <li>1. Any 2 Double Somersault, 1 should contain twisting</li> <li>2. Any ONE routine contains: 1 skill of Level 7, 1 skill of Level 8 &amp; 1 skill of Level 9</li> </ol>

# 中國香港體操總會

## 彈網體操章別計劃

第一級	第二級	第三級
<ol style="list-style-type: none"><li>1. 抱膝彈</li><li>2. 分腿彈</li><li>3. 摺體彈</li><li>4. 半轉直彈</li><li>5. 全轉直彈</li><li>6. 坐彈, 回足彈</li></ol>	<ol style="list-style-type: none"><li>1. 抱膝彈→分腿彈→摺體彈 (連續 2 組)</li><li>2. 坐彈→半轉回足彈</li><li>3. 半轉坐彈→回足彈</li><li>4. 坐彈→半轉坐彈→回足彈</li><li>5. 手膝彈姿勢→腹彈→回足彈</li></ol>	<ol style="list-style-type: none"><li>1. 腹彈→回足彈</li><li>2. 背彈→回足彈</li><li>3. 一套 10 彈套路, 須包含: 第一級的 3 個動作, 第二級的 1 個動作及第三級的 1 個動作</li></ol>
第四級	第五級	第六級
<ol style="list-style-type: none"><li>1. 背彈→半轉背彈</li><li>2. 坐彈→全轉坐彈</li><li>3. 手膝彈姿勢→向前翻騰至背彈</li><li>4. 3/4 周前空翻(/) 至背彈→回足彈</li><li>5. 前空翻(o)</li><li>6. 後空翻(o)</li></ol>	<ol style="list-style-type: none"><li>1. 背彈→全轉背彈</li><li>2. 後空翻(&lt;)</li><li>3. 前空翻(&lt;)</li><li>4. 前空翻(o)+180 度轉體</li><li>5. 前空翻(&lt;)+180 度轉體</li><li>6. 3/4 周後空翻(/) 至腹彈→回足彈</li></ol>	<ol style="list-style-type: none"><li>1. 後空翻(/)</li><li>2. 前空翻(/)+180 度轉體</li><li>3. 一套 10 彈套路, 須包含: 第四級的 1 個動作, 第五級的 1 個動作及第六級的 1 個動作</li></ol>
第七級	第八級	第九級
<ol style="list-style-type: none"><li>1. 3/4 周前空翻(/) 至背彈→1 &amp; 1/4 周前空翻(o) 或→1 &amp; 1/4 周前空翻(o) + 180 度轉體 或 3/4 周後空翻(/) 至腹彈→1 &amp; 1/4 周後空翻(o)</li><li>2. 後空翻+360 度轉體</li></ol>	<ol style="list-style-type: none"><li>1. 任何一個 2 周空翻</li><li>2. 前空翻+540 度轉體</li></ol>	<ol style="list-style-type: none"><li>1. 任何兩個 2 周空翻, 其中一個須包含轉體</li><li>2. 一套 10 彈套路, 須包含: 第七級的 1 個動作, 第八級的 1 個動作及第九級的 1 個動作</li></ol>