

# Trampolining Routines

*Combinations of Basic Moves To Enhance  
Trampolining Skills*

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## ROUTINES

**These routines are not official routines but are fun combinations that are possible on the trampoline.**

When moves are put into succession like this, they become a lot harder than when done individually. Until skill develops, the entry to a following move will be less predictable because of the move before it. So, mastery of all the different combinations would most certainly make the moves individually very secure.

Here are some example routines. Each routine contains 10 landings on the trampoline which is a standard length for trampolining competitions. Straight bounces are allowed before the first move to prepare. On completion of the routine one straight bounce is allowed before stopping. This is known as an 'out-bounce'.

Certain combinations will be harder than others and can be practiced separately until consistent.

For videos and trampolining things, go to [thetrampolinesite.com](http://thetrampolinesite.com)

1.

Full twist  
Straddle jump  
Half twist  
Seat-drop...  
Half twist to feet  
Pike jump  
Back-drop...  
Half twist to feet  
Tuck jump  
Full twist

2.

Front drop  
Straddle jump  
Swivel-hips...  
Half twist to feet  
Half twist  
Tuck jump  
Back-drop...  
Half twist to feet  
Full twist

3.

Straddle jump  
Pike jump  
Tuck jump  
Seat-drop  
Half twist  
Seat-drop...  
Half twist to feet  
Straddle jump  
Tuck jump  
Full twist

4.

Front-drop  
Straddle jump  
Half twist  
Seat-drop...  
Half twist to feet  
Pike jump  
Seat-drop...  
Half twist to feet  
Tuck jump  
Full twist

5.

Full twist  
Straddle jump  
Seat drop...  
To front drop...  
To feet...  
Tuck jump  
Half twist  
Pike jump  
Seat-drop...  
Half twist to feet

6.

Seat-drop...  
To front-drop...  
To back-drop...  
To feet  
Half twist  
Swivel-hips..  
To feet  
Tuck jump  
Full twist

7.

Front-drop  
Seat-drop  
Pike jump  
Back-drop...  
Half twist to feet  
Half twist  
Full twist  
Tuck jump

8.

Back-drop...  
Half twist to seat-drop...  
To front-drop...  
To feet  
Half twist  
Straddle jump  
Swivel-hips...  
Half twist to feet  
Full twist

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