



Diploma

TUMBLING SAFETY–TUMBLING TRACK & TRAMPETTE 1

NAME

Tomáš Vacek

Has completed and passed the education Tumbling Safety–Tumbling Track & Trampette1

THEORETICAL PART:

- Passed multiple choice test in the subjects mentioned below:

Introduction to:

- The basic elements of gymnastics
- Applied biomechanical concepts
- Physical prerequisites and elements of training
- Safety
- The trainer's role
- Descriptions of the relevant tumbling skills

PRACTICAL PART:

- Passed presentation of methodology and spotting of specific skill
- Passed spotting of the relevant tumbling skills

THE RELEVANT TUMBLING SKILLS ARE:

Trampoline:

- Forwards somersault
- Backwards somersault

Trampette:

- Somersault w. 1/2 twist
- Somersault w. 1 1/2 twist

Equipment:

- Handvault
- Round-off-vault

Tumblingtrack:

- Somersault cartwheel
- Front handspring somersault
- Round-off flic flac
- Flic flac backwards somersault
- Round-off whipback

Rescuespotting:

- Forwards/backwards somersault
- Forwards somersault w. 1/2 twist

21. nov. 2021
Date and signature

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LIVET

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