

**DISABILITY GYMNASTICS COMPETITION**  
**SUNDAY 5TH MARCH 2017**

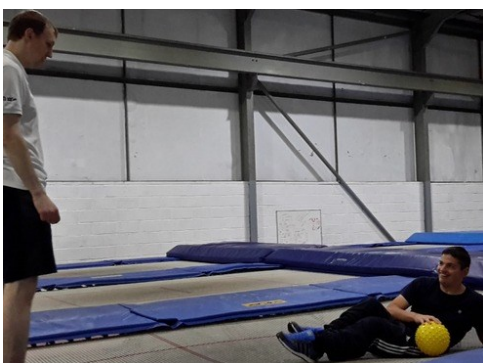
**FROM 10AM**



**PRESTON CITY TRAMPOLINE CLUB**  
**LANE ENDS TRADING ESTATE**  
**BLACKPOOL ROAD, PRESTON, PR2 2DS**



**An inclusive competitive  
opportunity open to all individuals  
with any kind of disability.**



**CONTACT**

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**LEVEL 1**

**STAR JUMP**

**SEAT LANDING OR  
HANDS AND KNEES  
LANDING**

**TO FEET**

**LEVEL 2**

**1/2 TWIST**

**STRADDLE JUMP**

**SEAT LANDING**

**TO FEET**

**TUCK JUMP**

**FULL TWIST JUMP**

**LEVEL 3**

**FULL TWIST JUMP**

**STRADDLE JUMP**

**SEAT LANDING**

**1/2 TWIST TO FEET**

**1/2 TWIST**

**TUCK JUMP**

**FRONT OR BACK**

**LANDING**

**TO FEET**

**LEVEL 4**

**FRONT LANDING**

**TO FEET**

**STRADDLE JUMP**

**SEAT LANDING**

**1/2 TWIST TO FEET**

**TUCK JUMP**

**1/2 TWIST**

**PIKE JUMP**

**BACK LANDING**

**TO FEET**



DISABILITY  
GYMNASTICS

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