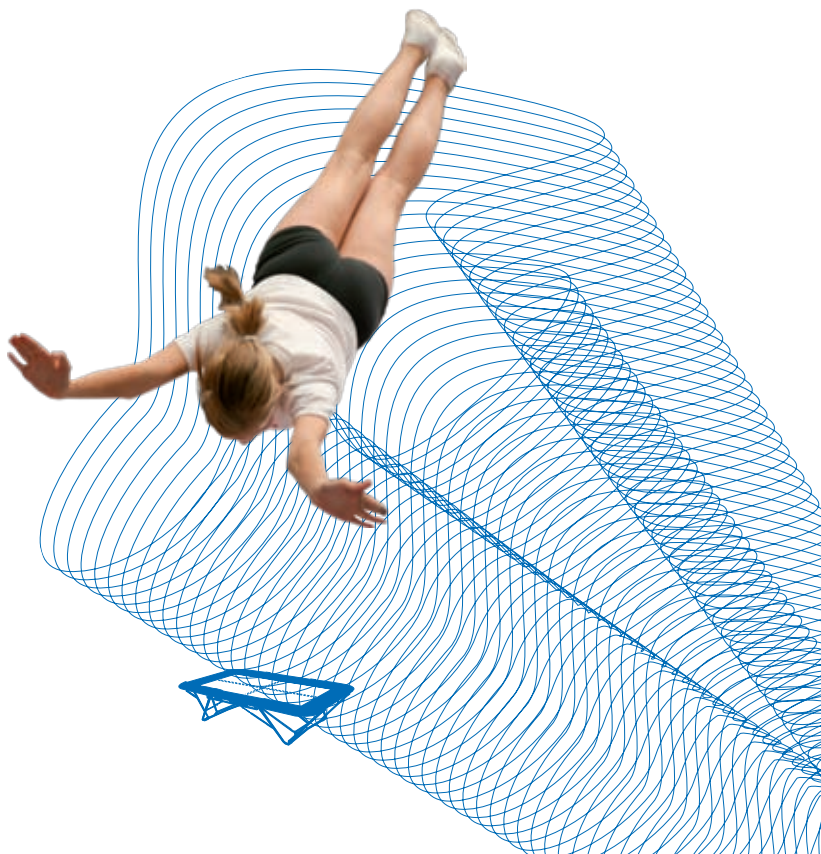


EUROTRAMP®

www.trampoline-education.com



Introduction...


By Dennis Hack,
Managing Director & Partner of Eurotramp
EUROTRAMP

Dear friends of trampolining,

It is a great pleasure for me to present the Trampoline Education Programme by Eurotramp on DVD and Blu-ray. An innumerable amount of hours has been spent preparing, filming, reworking and organising, from the beginning of 2007 when we were first inspired to develop such a programme, until June 2011 when the programme was finalised. More than 80 people have taken part in developing this programme, the results, I am sure you will agree, are very impressive: 5 hours of educational material on video which offers unequalled opportunities within the trampoline branch as far as quality and content are concerned. The second part includes exercises for the more advanced students. For further information visit www.trampoline-education.com

The whole project has been produced and financed by Eurotramp with the intention of boosting interest in sport in general, by providing a programme which improves the quality of education and sets new standards as far as safety is concerned, we hope to achieve this goal. We would like to thank the International Gymnastics Federation (FIG), the European Gymnastics Union (UEG) and the German Gymnastics Federation (DTB), furthermore the German Academy for Psychomotricity who have supported this programme from the beginning. The support they have given is essential to increase the worldwide acceptance and distribution of the programme.

Thanks to all those who have helped to make this programme possible!



Dennis Hack, Managing Director & Partner



Dennis Hack

Preamble...



Foreword by Professor Bruno Grandi, President of the International Gymnastics Federations FIG

Dear Friends of Trampoline, Dear Friends of Gymnastics,

It is a pleasure and an honour for me to contribute to the wonderful project presented by our Partners Eurotramp. Such initiative is to be hailed and encouraged.

The promoting of gymnastics through Education is accomplished largely through strong communication and the wide-ranging diffusion of its merits, which have an impact on the health of the individuals who practise it and which nurture its cultural content.

Our sport is at the root of all human movement. It is the foundation of all physical activity and is essential to life. The simplest of daily movements, learned at an early age, enable us to maintain an autonomous and healthy lifestyle. Gymnastics is necessary to life. And when athletes weave the beauty of body expression and technical gesture into its fabric, it becomes art. This is the beauty of our sport.

The EUROTRAMP Company holds an exciting potential for growth, and I would encourage you to strive toward the development of leaders, educators, and to progressively increase the level of our sport.

I am pleased to support and encourage you through this message of congratulations.

Lausanne (SUI)/FIG Office, May 03,2011. BGR/phs



Bruno Grandi



Foreword by George Guelzec, President of the European Union of Gymnastics UEG

Dear Madam, Dear Sir, Dear Friends of Trampoline Gymnastics,

The European Union of Gymnastics is proud to be associated to the project of its partner EUROTRAMP. Thanks to a well presented introduction of the basic skills, this DVD is an important tool for all those who want to get to know this exciting discipline which is Trampoline Gymnastics.

If you are interested in practicing Trampoline or learning more about this great sport, join your local club, contact your National Federation of Gymnastics or the European Union of Gymnastics.

Wishing you a lot of fun viewing this film, we remain with our best regards.

A handwritten signature in black ink, appearing to read 'G. Guelzec', is written in a fluid, cursive style.

Union Européenne de Gymnastique
Georges Guelzec



George Guelzec

Foreword by Rainer Brechtken, President of the German Gymnastics Federation DTB

DVD Trampoline Education Programme

On behalf of the German Gymnastics Federation I would like to thank Eurotramp for having developed and produced the DVD “Trampoline Education Programme”. Providing educational videos for Trampoline, Minitrampoline and Psychomotricity, our partner of many years and market leader in the construction of competition trampolines, contributes to create a safe environment for the technically difficult discipline of trampolining in schools and clubs.

By watching the videos, coaches of federations, and clubs, as well as PE teachers will gain specific skills and knowledge to teach trampolining in a safe way. They will learn to meet methodical and didactical requirements and to detect risk and avoid dangerous situations for pupils.

I hope that the contents of this DVD meets a good response for further training of teachers at educational entities, universities and federations to boost the fascinating discipline of trampolining both in schools and clubs.



Rainer Brechtken

President German Gymnastics Federation DTB



Rainer Brechtken

Foreword by Thorsten Späker, Director of the German Academy for Psychomotricity

Dear colleagues and friends of jumping,

We are really happy and excited about the creation of the Trampoline Education Programme on DVD. We believe it will be an excellent support for all trampoline enthusiasts, including beginners or those studying education science or therapy.

The specific stage of development and level of proficiency of different children, teenagers or adults has to be considered to use the unique possibilities of the trampoline in psychomotricity.

This DVD is an unique education kit with many simple exercises, educational material and a focus on safety and the prevention of accidents to support the progression and development of many people. The diverse multilateral content of the education programme gives a comprehensive and methodical didactical overview to ensure secure, responsible and controlled use of the trampoline. This makes this DVD the perfect assistant to complement training and education.

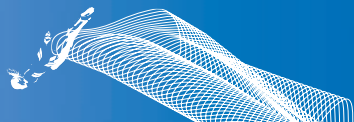
Thorsten Späker

Director of the German Academy
for Psychomotricity

Thorsten Späker



Thorsten Späker



Content

Trampoline-Part 1

Block A Introduction

Block B Equipment and tools

- Trampoline
- Jumping bed
- Roller stand/lifting roller stand
- Double minitramp
- Trampoline track
- Support for training and competition

Block C Assembly and Dismantling

- Storage
- Handling in the equipment store
- Competition trampoline
- School trampoline
- Securing
- Safety check

Block D Safety

- Safety regulations
- Elasticity of the bed
- Getting on the trampoline
- Getting off the trampoline

Block E Familiarisation Exercises

- Training in a flow
- Setting rules
- Walking forward
- Walking backwards
- Walking with linked arms

- Polonaise
- Guide lines
- Moonwalk
- Sewing machine
- Rodeo riding
- Skiing
- Jumping on lines
- Bouncing in a seated position
- Tree trunk rolls
- Somersault
- Jumping with a partner

Block F Jumps

- Play all

- Straight jump

- Correct execution
- Methodology
- Arm position
- Mistakes and correction
- Stopping

- Basic jumps

- Tuck jump
- Straddle jump
- Pike jump

- Basic twist jumps

- Half twist jump
- Full twist jump

- Seat drops

- Normal jumping to seat drop
- Seat drop to feet and continue jumping
- Half twist to seat drop
- Seat drop, half twist to seat drop

- Backdrops

- Straight jump to backdrop
- Backdrop to straight jumping
- Backdrop, half twist to straight jumping

Block G Play options

- Clapping in time
- Boo-boo bouncing
- Seat drop
- Backdrop
- Tip-Top
- Skipping
- Seat juggling
- Suitcase packing
- Preview

Block H: Combinations

- Two-jump competition
- Individual competition
- Synchronised trampolining

Block I: Basic techniques to support the pupil

- Co-jumping and countering
- Entering and catching
- Safety mat

Block J: Preview: Trampoline-Part 2

Psychomotricity - Part 1

Block A: Approaching the trampoline

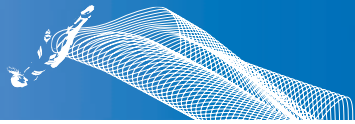
- Preliminary remark
- Rolling over the trampoline
- Crawling over the trampoline
- Crawling over obstacles
- Roll a tree trunk
- Copying animals
- Transport materials on your back
- Roman carriage
- Transportation of a person

Block B: Adaption exercises

- Walking variations
- Walking like an angel
- Sailor gait
- Sewing machine walk
- Walking the red line
- Instructions for tying ropes
- Crossing ropes
- Shaking ropes

Block C: Partner participation

- Walk beside a partner
- Linking arms back to front
- Slalom
- Snake
- Shuttle
- Wheelbarrow
- Sorting by height and size
- Material transportation
- Flowerbed
- Chasing tails
- Keep the trampoline tidy



Block D: Bobbing and jumping

- Rabbit hops
- Bear gait
- Frog jumps
- Sitting hop
- Mogul slope
- Jockey
- Stopping
- Waltz
- Signal man
- Gesture man
- Clock

Block E: Jumping with accessories

- Gymnastic hoops
- Hot wire
- Electric hoops
- Skipping rope
- Ring targets
- Balloon
- Passing on in a chain
- Throwing balls
- Catching a ball with a bag
- Throwing a ball after a colour is called
- Ping pong jumps
- Ball machine
- Skittles
- Juggle
- Pond
- Crawling under a sail
- Jumping over the sail
- Fall into a seated position
- Gymnastic ball
- Gymnastic roll

Block F: Games

Block G: Wheelchair

- Introduction
- Ascending and descending
- Be driven
- Drive independently
- Bobbing
- Throwing ball
- Jumping on all fours
- Skipping rope alone
- Skipping rope with a wheelchair

Block H: Relaxation

- Laying on the gymnastic ball
- Cover with sandbags
- Relaxing story „Baking pizza“
- Roll with light pressure over the participants
- Move lightly

Minitramp

Block A: Introduction

Block B: The equipment

- Minitramp
- Open-end-minitramp
- Teamgym-minitramp
- Minitramp transport trolley
- Minitramp-storage
- Minitramp- transport & assembly
- Minitramp- safety checks
- Double-minitramp
- Trampoline track



Block C: Safety measures to avoid accidents

- General prerequisites for safe jumping
- Attire and behaviour
- Safe organisational framework
- Safe methods and procedures

Block D: Fulfil prerequisites

- Prerequisites
- Auxiliary
- Landing technique
- How to fall
- First attempts

Block E: Basic jumps

- Extension jump
- Tuck jump
- Straddle jump
- Pike straddle jump
- Pike jump
- Extension jump with half twist
- Extension jump with full twist
- Target jumps
- Appraising jumps

Block F: A playful way to attain great heights

- Introductory exercises
- Equipment circle
- Minitramp track
- Minitramp combi track

Block G: Forward & backward somersault

- Learning to somersault
- Methodical support from gym equipment
- Forward somersault
- Backward somersault

Block H: Handsprings

- Handsprings
- Other supported jumps
- Main errors
- Encouraging success

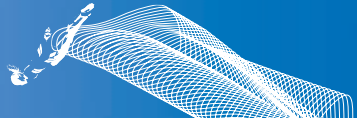
Block I: Minitramp as methodological aid and combination equipment

- Flick Flack
- Combi-equipment

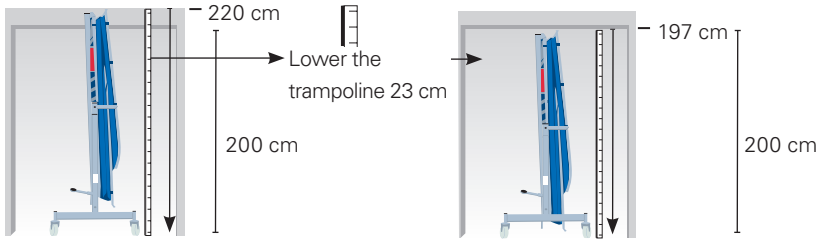
Block J: Minitramp in parkour and freerunning

- Introduction
- Saut de Fond
- Surmounting obstacles
- Reverse
- Lazy
- Cat leap
- Devil drop
- Wall spin
- Forward somersault
- Double leg
- Side flip
- Auerbach somersault

Block K: Presentation & takeoff



Eurotramp proudly presents something entirely new!



Normal position (220 cm)

Lowered position (197 cm)

The new and revolutionary “Safe & Comfort” lifting roller stand is now available. A compact hydraulic pump has been integrated into the transport mechanism, allowing the trampoline to be easily raised and lowered. This advance allows all large trampolines to fit through standard sized doors and makes assembly so much easier. This system uses a foot action pump system to allow you to easily lift the trampoline. When a certain pressure point is reached, further pumping lowers the trampoline again.

The hydraulic pump is designed for long-time use and is completely maintenance-free. In the unlikely event of a fault, the hydraulic unit can be replaced within seconds. The patent-registered technique is space-saving and at the same time robust.

The “Safe & Comfort” lifting roller stand is the safest and best ever system developed by Eurotramp. This is a real step forward in respect of both simplicity and safety.





www.trampoline-education.com

Register yourself costfree to
get full access to the complete
programme!



EUROTRAMP-Trampoline | Kurt Hack GmbH

Contact person: Dennis Hack,
Managing Director & Partner

Zeller Straße 17 / 1
73235 Weilheim an der Teck, Germany
Tel. +49 (0)7023 9495-0
Fax +49 (0)7023 9495-10
www.eurotramp.com

