Freestyle Trampoline Association



Starter's Guide



Trampoline Fun & Fundamentals:

A Guide for Parents

11 Beginner Tutorials

IN PROUD PARTNERSHIP WITH HAPPY HIDEOUTS (UK)

HAPPY HIDEOUTS

www.HappyHideouts.co.uk

Hey there! First of all, congratulations on grabbing the FTA Athlete Starter's Guide — and welcome to one of the most exciting communities in the world of action sports! I'm Greg Roe, co-founder of the Freestyle Trampoline Association, but more importantly, I'm someone who's lived and breathed this sport since I was a 5 year old kid. From my days competing for Team Canada in Olympic-style trampoline, to helping launch the very first Freestyle Trampoline World Championships, my mission has always been simple: give athletes — young and old — the freedom to explore movement on their own terms. This Starter's Guide is more than just a training tool; it's your first step into a world where creativity, discipline, and self-expression collide midair.

For parents reading this — I get it. Letting your child flip, twist, and soar through the air can feel like letting go of the handlebars. But this sport isn't about reckless stunts — it's about calculated progression, self-awareness, and building confidence one 'Degree' at a time. That's why we designed this guide: to create a FREE first step to any Flipper's Flippin' Career in a structured, safe, and progressive environment where athletes can grow — not just as Flippers, but as individuals. You'll see how our tutorials focus on *why* a move works, *how* to spot red flags in training, and *what* mindset is needed for long-term success, both on and off the trampoline.

This guide is the start of a bigger journey. Whether your dream is to compete at the FTA World Champs, the X Games one day or just get more confident in your backflips at the local trampoline park, you've taken a bold and positive step. The FTA is here to support you with educational content, global competitions, athlete mentorship, and a community that celebrates effort and individuality. We're not just building a sport — we're building future leaders of the industry who know how to fall safely, get up and progress and then pass on what they have learned to the next generation. So dive in, take your time, and remember — the best athletes are the ones who learn how to build themselves.

If you are looking for more information about proper progressions please see our Official Flipper Membership on the FTA website to become an official 'Card-Carrying' Flipper with the FTA and be part of the acrobatic revolution that is happening right now! Let's get Flippin!



Greg Roe At X Games Salt Lake City Debuting Freestyle Trampoline For The Executive Team At X Games. Click for Greg's LinkedIn business profile

– Greg Roe
Co-Founder, Freestyle Trampoline Association

www.FreestyleTrampolineAssociation.com

Thank You To Happy Hideouts!

A big thank you to Happy Hideouts a trampoline and backyard toy distributor out of the UK for supporting this Starter's Guide for the whole community.

Without the support of brands like Happy Hideouts the FTA would not be able to develop this sport and community so please check out their website and simply send them a message thanking them for their support of the community if you get a minute.

Learn more about this family-run business:

Click For More Info!
Discounts To FTA Memberships Through Happy Hideouts

Happy Hideouts:



Hiya! We're Warren and Leanne, and just like you, we're parents trying to pry our kids away from their screens (though sometimes we're guilty of a cheeky bit of Bluey ourselves). With our 2-year-old tornado of energy and our 10-year-old master negotiator, we know firsthand the juggle of keeping different ages entertained.

Remember those endless summer holidays when the biggest decision was whether to hit the park or build a den in the garden? That's what inspired Happy Hideouts. While we can't quite recreate the joy of a 90s summer (sorry, no Pogs or Tamagotchis here), we can help bring back the magic of outdoor play.

Let's be honest - searching for outdoor play equipment can feel about as fun as assembling flat-pack furniture in the rain. That's why we do things differently:

1. You'll always speak with either Warren or Leanne - no call centre maze to navigate
2. We'll help you find the perfect fit from our collection of top-quality brands
3. Our brilliant installation team will handle all the heavy lifting (while you put the kettle on)
4. We'll check in after your delivery to make sure everything's tickety-boo and see if there's anything else you need

Thank You To Kasper Lansley!



Kasper is a well known flipper from the UK and has graciously offered to help film this starter's guide with the FTA and with Warren at Happy Hideouts. Kasper has been to many FTA sanctioned events and has made a name for himself with his daily flips series on Instagram.

Hello! I'm Kasper, I was once a kid enjoying bouncing around and trying to do new moves on the trampoline we had in the garden. From the fun of practicing and learning without any coaching I eventually grew into freestyle trampolining which I have been doing for 8 years. I have made many friends through the community and attended multiple FTA events and competitions including the GT Games Europe. Seeing younger freestyle trampolinists in England progress and emerge into the community has been part of the reason why I was excited to take part in the filming of these tutorials for young beginners and I strongly believe that the creative and challenging side of trampolining is a great thing for youngsters to experience. Trampolines aside, I am studying electronic engineering at university and have high ambitions for my professional career. Some other hobbies I enjoy are badminton and walking in the countryside.

Follow Kasper On Instagram!



@KASPER.INO

353 posts **2,012** followers **1,045** following

Kasper Lansley
Athlete
21
Freestyle trampoline athlete ⚡
Uk 🇬🇧

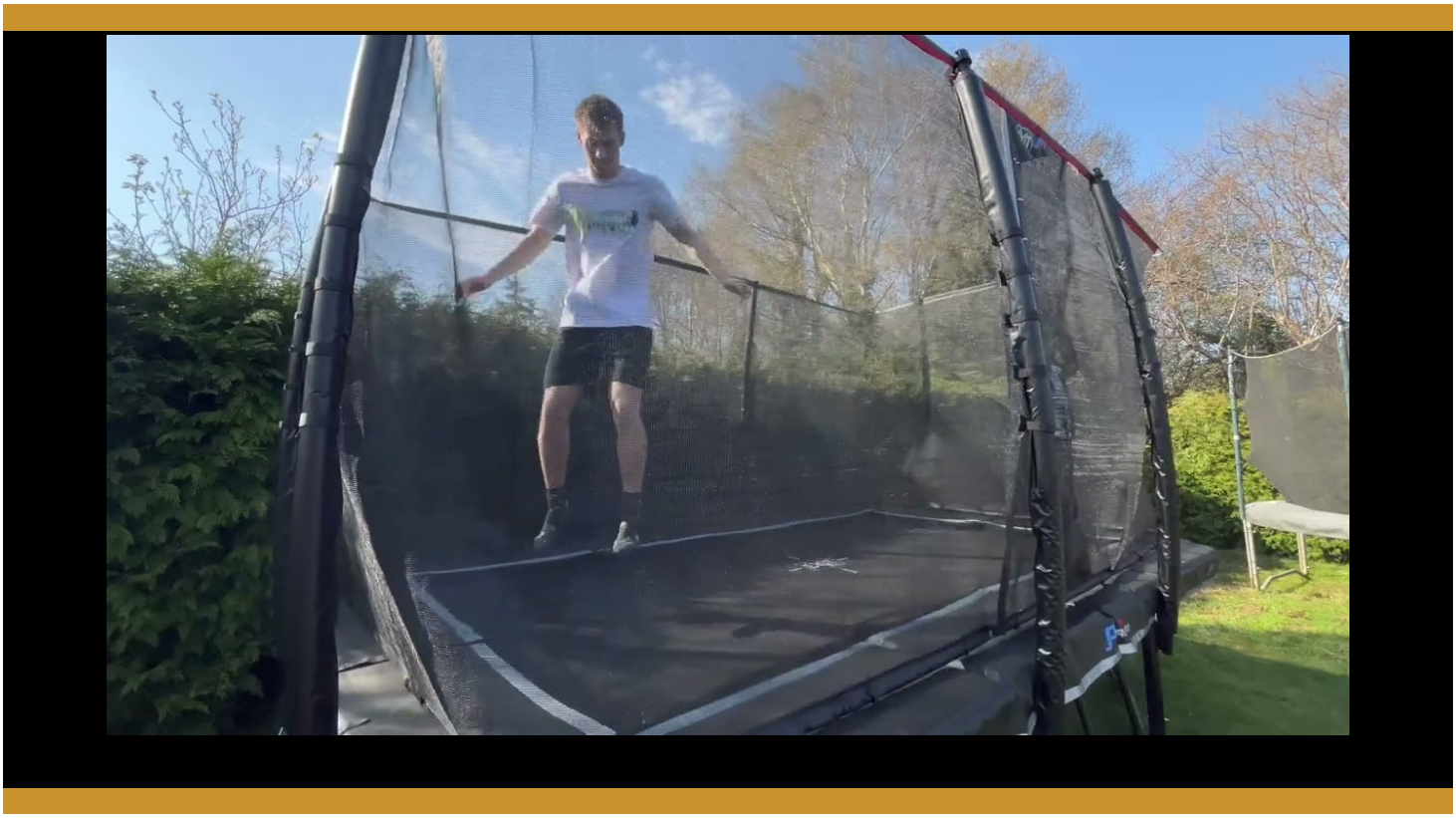
Video #1: Simple Bouncing

We are here with Kasper Lansley from the UK! He is going to help us go through these tutorials and demonstrate while I narrate over the videos that he helped create. When first getting on the trampoline, start with some light bouncing. I recommend *not* testing how high you can jump right away. Instead, focus on finding the rhythm of the trampoline. Many people skip this step and end up getting 'bucked' off balance in one direction or another.

Take the time to stay low, move around the trampoline surface, and get a feel for how it responds to your movement in different areas. By doing this, you'll develop a better understanding of how the trampoline works — its timing, tension, and subtle shifts — which will put you in a much safer position when you begin learning more advanced skills that rely on rhythm and control.

The small shifts you will feel when jumping around eat this introductory height will be the same exact shifts in body mass you will use when doing your triples and quads. By the time you get to those larger skills, you will master moving your body by 0.001% on one axis or another and will be very accurate with your body movements but it is important to start off by understanding that to do big flips in the future, you have to appreciate these small shifts in body mass.

Tutorial:



Video #2: Equipment Inspection

We're here now with Warren Newbery, the Managing Director at Happy Hideouts in the UK! He's walking around and giving us a simple but important walkthrough of the trampoline from Exit Toys.

Many Flippers skip this crucial step—getting properly familiar with their equipment. After a strong storm or a hard crash into the net, parts of the trampoline can become loose, misaligned, or even torn without the athlete realizing it. You definitely don't want to discover your equipment is off by a few degrees when you're 10 feet in the air and coming down like a stone!

The trampoline was invented in 1934 by George Nissen in the U.S., and since then it has evolved significantly. While many still picture basic backyard trampolines, the trampoline has been recognized as a piece of serious sporting equipment since the 1950s. Thanks to the explosive growth of the #Gtramp community, brands like Happy Hideouts and Exit Toys have invested heavily in R&D to create stronger, more stable, and more user-friendly trampolines. So take the time to understand your setup, and—just like Warren—do a quick check before every session to make sure your equipment is safe and ready for your flips.

Tutorial:



Video #3: Basic Jump Positions

We're back with Kasper, who's now demonstrating some fun body positions you can try on the trampoline. Remember in the first video how we talked about how small shifts in your body can affect your overall movement? Well, now you're taking the first steps in learning how to control those shifts more deliberately.

Start simple—try moving one leg, then the other, then one arm, then the other. Begin exploring how your body shape in the air affects your bounce and balance. For example, if you jump and try to kick your feet out in front of you to avoid falling backward, your upper body will naturally need to lean forward to counterbalance. The most important piece of physics to remember here is this:

Where your body goes, you go!

So take your time getting familiar with small, intentional movements, and observe how the rest of your body instinctively reacts to keep you balanced. While a lot of this happens automatically thanks to your brain's natural reflexes, as you gain more control over your body mass shifts, you'll eventually be able to tilt and adjust your body in any direction—allowing you to land safely and set up perfectly for your next big bounce or trick.

Tutorial:



Video #4: Seat Drop

The Seat Drop is typically the first official "skill" someone learns on a trampoline—but as you've seen, there are several important things to master before attempting it, such as understanding your equipment and how your body moves on the trampoline.

The Seat Drop will ask you, for the first time, to actively adjust your body position and center of mass so that instead of landing on your feet, you land on your backside. Similar to the leg movements we explored in the previous video, you'll kick your feet forward—but this time, you won't counterbalance with your torso. Instead, you'll stay slightly leaned back as your legs come up, bracing for a soft landing on your bottom.

It can feel a bit intimidating at first, even though it's also a lot of fun. So we recommend starting slowly: sit down on the trampoline and physically move through the correct position first. Then gently bounce and build *up* to your feet, instead of just throwing your legs out and dropping down like a stone. This approach helps you stay in control and makes learning the Seat Drop a much smoother experience.

Tutorial:



Video #5: Hands & Knees Drop

We're now dropping into our first official safety landing—a favorite in the flipping community: the *Hands & Knees Drop*. This landing is incredibly useful for breaking down complex skills into smaller, more manageable parts. For example, in the full FTA Training Program, we'll explore skills like bouncing from your back to your stomach and performing Cat Twists. Both of these require you to master intermediary steps, and the Hands & Knees Drop is a perfect halfway point.

Every skill on the trampoline can be broken down into an infinite number of *Degrees of Rotation*, allowing you to control your progress rather than feeling like you have to "huck it" and hope for the best.

Get comfortable with the Hands & Knees Drop by throwing yourself into it from different angles and observing how your body mass reacts. You might be surprised—especially if you're new to trampoline—at how many muscles engage to support you and keep you safe. Have some fun experimenting with unique shapes and movements, and then try landing in Hands & Knees for the *expert-level* version of this foundational skill!

Tutorial:



Video #6: Swivel Hips

We're now going to combine several of the previous skills into a more complex movement that requires: (1) Different landings, (2) Twisting, and (3) Rotation. The *Swivel Hips* skill challenges your ability to focus on multiple elements at once. You'll need a solid landing on your bottom, while simultaneously preparing your upper body to twist as you bounce out of the trampoline bed, rotating your legs underneath you, and lifting them up to the other side—all in one smooth motion.

Many athletes tend to focus only on the twist and forget about the legs, which stay suspended in the air. That makes executing a proper *Swivel Hips* nearly impossible, because it requires coordination between all those moving parts. And that's the real value of this skill—it teaches you to be aware of where different parts of your body are going. Often, they're not all moving in the same direction or on the same axis.

Think of it like juggling. Each body part is like a ball, and you need to track where each one is heading. Don't worry—your body is remarkably good at learning these movements automatically. But from a strategic perspective, it's important to remember that trampoline at its core is about mastering this coordination. Even at the highest levels of flipping, the most jaw-dropping tricks you see from world-class Flippers are all rooted in this same principle: the controlled coordination of a body moving in different directions all at the same time.

Tutorial:



Video #7: Seat Drop To Back Drop

Kasper is now demonstrating a *Seat Drop to Back Drop*, and while it may seem simple, you'd be surprised how many people struggle with just leaning back. This is because most people are used to staying upright in daily life and aren't familiar with the sensation of leaning backward and then returning upright quickly.

Your body may naturally resist this movement during the first few attempts, so don't be alarmed. Instead, focus on looking up at the sky as you lean back and bringing your legs up with you. By lifting the legs, you'll begin to understand how you can use them to create new types of rotations from your back position.

These movements are the foundation for bigger tricks that you'll see in the full FTA Training Program—many of which athletes like Hugo Kittell showcase on social media. For now, just focus on the basics and remember the key phrase: *"ARMS IN."* The *Back Drop* is not just a trick—it's also one of your core safety landing positions. When you get disoriented in the air during bigger skills, your instinct will become to tuck your arms in and land on your back—a large surface area that helps distribute impact—rather than risking injury by trying to land only on your feet.

Tutorial:



Video #8: Stomach Drop

Stomach Drop is one of those skills that tends to make younger Flippers a bit nervous—understandably so, since most people aren't used to flopping forward onto their face in everyday life. As we mentioned back in Video #5 (Hands & Knees Drop), we use the Hands & Knees Drop to break more advanced skills into manageable parts.

You'll notice Kasper starts this by lying down on the trampoline instead of jumping straight to his stomach from a standing position. This is the same progressive method we used for the Seat Drop—and it's an excellent way to build up to the Stomach Drop rather than falling down into it. Building up to a skill is always safer and much less intimidating as you're learning the basics.

Stomach Drop will become one of your key landing positions, so take time to get comfortable with it. Try adding in fun positions, face different directions, and explore how your body reacts in each variation. These fundamentals form the foundation for everything you'll build later—so don't rush through them. The more small variations you create and master now, the stronger your mental and physical awareness will be down the line. Your future self will thank you!

Tutorial:



Video #9: Side Roll

The trick to learning flips isn't the flip itself—it's figuring out how much power to use when throwing your body. Do you throw it lightly or with full force? Are you moving in the right direction, or are your arms and legs doing separate, uncoordinated things—as we discussed in Video #6 (*Swivel Hips*)?

By learning to roll in different directions on the ground, you're teaching your body how much power is needed in a safe and controlled way. Once you begin rolling faster and more confidently, you'll realize that generating the flip is actually the easy part. The key is learning *how much* to rotate.

We always start with a sideways roll (before progressing into a flip) because you're not going directly over your head. If something goes wrong, you'll simply land on your side—ideally with your arms tucked in—and remain perfectly safe while exploring the rotational "landscape." Once you've mastered the right amount of power for a safer side flip, both front and back flips become much easier and safer to learn.

Tutorial:



Video #10: Front Rolls

Once your side rolls feel solid on both sides, and you're comfortable facing different directions —even starting to add a bit of bounce—you're ready to begin applying that rotational power directly overhead. At this point, you should have a general idea of how much force is needed to throw your body and should be able to "roll" straight through it with no major issues.

One important note: **do not turn your head when rolling.** Your body is actively mapping your movements as you develop these new skills, and your brain is storing that information for future use—even without you realizing it. If you input incorrect movement patterns, like a straight front roll with your head tilted off-axis, your brain will associate that tilt with all future front rolls. Now your head and your body are rotating on two separate axes.

That's a big *no-no* in acrobatics. As we've discussed before, success in trampoline is all about staying balanced in motion—both in the air and on the bed. If your brain receives mixed signals or conflicting data from one skill, it might not know which reference point to rely on. This can lead to a frustrating block known as **"Lost Move Syndrome,"** which slows down your progression and can shake your confidence. Keep your movements clean and consistent—your future flips will thank you.

Tutorial:



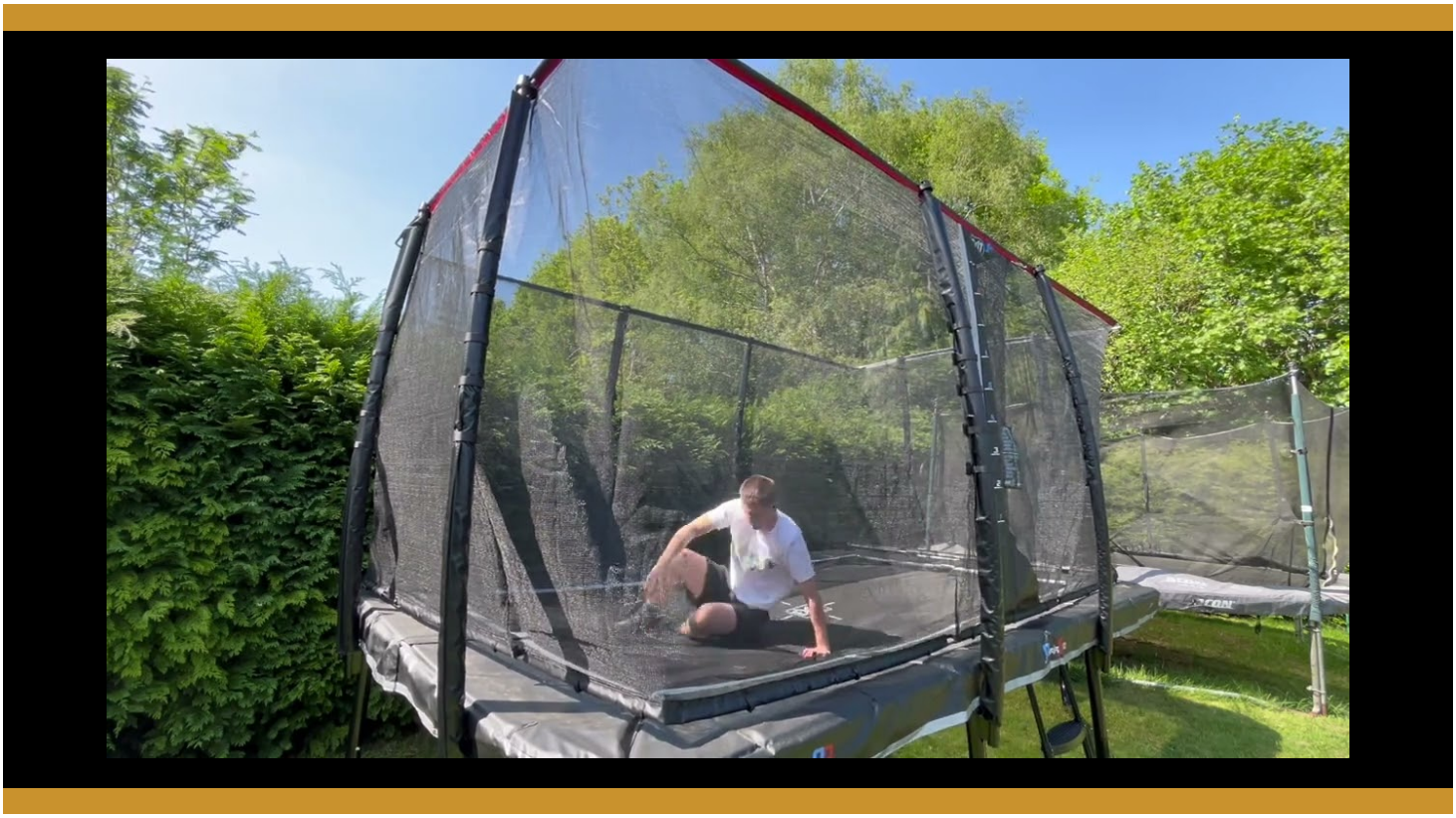
Video #11: Back Rolls

Many people learn a front flip before a back flip simply because they're afraid of not seeing where they're going. Interestingly, though, on trampoline—and in almost every acrobatic discipline—once mastered, flipping backwards is actually easier to perform on a day-to-day basis. This is because once you pass the halfway point of a back flip, your eyes can spot the ground. Even though you're upside down, your brain starts processing the upcoming landing well before impact, giving you more time to prepare and adjust.

In contrast, with a front flip, you first see the trampoline, then the sky, and only during the last quarter of the flip do you finally spot the ground. This shorter reaction window makes a noticeable difference. That's why 99% of the time, Flippers will either add a twist at the end of a front flip (to spot the ground earlier) or default to doing more back flips than straight front flips.

At the FTA, we encourage athletes to develop their so-called *"blind landings"*—so much so that we award bonus points for them in FTA competitions. For now, just keep in mind that back flips offer more visual control than front flips, but that doesn't mean you should shy away from front flips. Just approach them with a smart body control strategy and awareness of how vision and timing play into each movement.

Tutorial:



Conclusion: Build A 3D ‘Map’

I hope you're starting to see the repeated strategy in how we build skills—**layer by layer**—rather than just throwing yourself into them. As you progress, you’ll begin to feel the rhythm of the trampoline and how the mass of your body works with (and sometimes against) that rhythm.

Don’t rush these early skills. You’ll revisit them again and again—even when you're tackling the big tricks you see on Instagram. Think of skill development like building a LEGO tower: each block matters. In the *Swivel Hips* video, for example, we talk about 180 degrees of twist—but what you’re really training is **180 small neural steps** your brain is mapping and storing.

Your brain is like a Google Maps truck—it needs to explore each road (movement variation) before it can navigate confidently in the future. The athletes who take time to explore all the 'side streets'—instead of rushing straight to the 'highway'—build a deeper, more flexible skillset. So as a rule of thumb: **every time you learn a new skill, twist, or position—or you're just bouncing in a new park or venue—try 5–10 variations of that move before moving on.**

Skills are always built **degree-by-degree** like LEGO blocks, and the more time you spend exploring the countless movement options on a trampoline (yes—**billions**, literally), the better prepared you’ll be to recover mid-air and land safely, even when things go wrong.



A huge THANK YOU to Warren at Happy Hideouts and Kasper for helping us create these foundational videos for the community.

Once you’ve locked in these fundamentals, become an **Official FTA Flipper Member** and get access to the full **Degree-by-Degree Rotational Pathway**, covering all the major skills up to **Triples** and even the **Full-UnFull**!

Learn more by clicking below!

