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Graphical user interface, text, application

Description automatically generated

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| **Words to know** when viewing: [Wie springt man einen Salto?](https://www.youtube.com/watch?v=R8OkKIewEA8)  Can Johannes learn how to do a somersault on a trampoline? Watch as he learns the basics and gets some tips from an expert, Oleg.  Trampolinturnen = trampolining  Salto = somersault  steif = stiff  wenn du aufkommst = when you land  springen = jump  Kreisbewegungen = circular movements  höher = higher  ich traue mich nicht = I don't trust myself  ich denke zu viel nach = I'm overthinking it  Matte schieben = to push the mat  geschafft = did it |