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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 = trampoliningSalto = somersaultsteif = stiffwenn du aufkommst = when you landspringen = jumpKreisbewegungen = circular movementshöher = higherich traue mich nicht = I don't trust myselfich denke zu viel nach = I'm overthinking itMatte schieben = to push the matgeschafft = did it |