

# American Sokol Tots' Gymnastic Skills

NAME					UNIT:						
Rating	Body Awareness	Rating	Rings	Rating	Vault	Rating	Uneven Bars	Rating	Beam	Rating	Floor Exercise
<b>Level 1</b>	Attention, stack and ta-da		Hang lying with straight arms and legs, feet together on mat (hold 3 seconds)		Run 30 feet in 5 seconds		Possum shimmy across bar with hands and legs		Walk forward, backward, sideward		Series of step-kicks (L & R)
	Sitting Positions (tuck, pike, straddle, v-sit) and squat		Chin ups from hang lying position (3 times)		Punch on jr. spring board - hands on box (Rebounds s/b in pike position)		Show front support (no jump)		Straight jump dismount landing in demi plie		Log Roll (tight body)
	Animal Walks (bear, crab, camel, bunny hops, inch worm)		Straight Leg lifts one at a time from hang lying position (L & R)		Dismount from height of 1 ft - two foot landing, demi plie, arms up		Forward Roll dismount from standing position (waist high height)		Jump up and land on beam with two feet		Forward Roll down incline
	Toes pointed and flexed and hands pointed and flexed		Hang with bent arms and knees (hold 3 seconds)		Stretch jump to landing position on floor		Hang in straddle with toes on bar		Place 4-5 items on beam (bean bags) Walk to each item, squat & pick up		Backward Roll preparation
	Calisthenics movements (frontarm, sidearm, uparm, closearm, reararm)										
<b>Level 2</b>	Front Lunges (L & R)		Knee bends from standing position (3 times-no jumps)		Hurdle on mat		Jump to front support (waist high height)		Step-kick, step-kick (L & R) Min 4 continuous		Rock & Roll
	Standing Positions (pike, straddle)		From stand pull up to bent hip hang - tuck position		Punch board and straight jump onto landing mat		Cast off bar dismount		Walk on toes (Releve) forward, backward, sideward		Tuck forward roll
	Hops on one foot (L & R, 5 each)		From stand pull up to bent hip hang - straight legs		Run, rebound from junior board - straight jump onto landing mat		Basic long hang and swing in hollow body position		180 degree pivot turn on toes		Front lunge-hold, to scale-hold (L & R)
	Jumps (tuck, straddle, split)		From bent hip hang to inverted hang (feet rest on straps for balance)		Dismount from 18" height - stick landing		Hang on bar (tuck, pike, straddle)		Arabesque (L & R) - hold each 2 seconds		Horsey kicks
	Skip										
<b>Level 3</b>	Static Marching Positions (at ease, dress-right-dress, ready front)		Raised rings - basic long hang (for child with tension in arms)		Tuck jump to landing position on floor		Monkey shimmy across bar with hands		Forward Waltz Steps (L & R)		Backward roll down incline
	Right Face and Left Face		Basic long hang and swing in hollow body position (3 times)		Run rebound from junior board tuck jump onto landing mat		Pull over with incline mat (feet walk up)		Grapevine Step - cross in front and behind (L & R)		Cartwheel over box or down incline
	Straddle toe touches - (left, right, middle)		Skin the cat		Punch board and squat mount onto box		Cast off bar and return to front support position		180 degree squat pivot turn on toes		Forward straddle roll down incline
	Front Splits (L & R) (understands position; to the floor not required)		From bent hip hang to inverted hang - no use of straps		Run rebound from junior board and squat mount onto box		Single leg cut concept (L or R) ending in astride support position		Inch worm		Handstand against wall mat
	Gallops/Chasses				Dismount from 24"-30" height - stick landing		Chin up while bringing legs to bar in V-Sit position HOLD		Stride Leap (L & R)		Tripod
<b>Rating Key: ----- 0 = Unable to perform - = Poor/Below average / = Average (Passing) + = Above average/Excellent</b>											
<b>NOTES: Bars - in hangs, child must have straight arms next to ears - tension in arm pits; Beam - spot child's waist</b>											

## GLOSSARY

Arabesque - In standing position shift body weight over the straight leg and extend the other leg backward  
- upward 30 degrees with rear foot pointed toward the beam, keeping the torso erect, sidearm.

Bear Walk - Forward walk on all 4's with bent legs.

Bunny Hop - In squat support, reach hands forward on mat and then leap legs forward.

Box - Cushioned trapezoid or folded panel mats

Camel Walk - Forward walk on all 4's with straight legs

Crab Walk - In rear squatting support position, walk forward or backward on all 4's with tummy up.

Horse Kicks - Place hands on mat, straight arms and kick rearward leg/legs up.

Hurdle on mat - Step, step, jump, demi plie, arms upward

Inch Worm - In squat support, walk hands forward on mat or beam and then walk feet up to hands

Log Roll - Lying sideways on mat with arms up by the ears and straight body, side roll to the end of the end of the mat (pencil points).

Lunge - One leg is flexed forward and the other leg is straight and extended rearward.  
The body is stretched and upright over the flexed leg and arms are extended upward.

Monkey shimmy - Basic long hang walking hands across the bar

Possum shimmy - Body hang position with crossed legs over bar walking hands on bar from one end to other.

Rock & Roll - In tucked sitting position, roll backward onto back and forward up to feet

Scale - One leg extended rearward with upper body parallel to floor.

Stack - Standing closeleg, arms stretched in straight uparm position

Tri-pod - place hands and head on the floor in a triangle shape (head in front of hands), extend the hips above the triangular base. The body is piked with the knees bent, resting on the elbows.