

**American Sokol Male Gymnastic Skills** rev. Oct. 2012

NAME:		Year:					
	Floor Exercise	Pommel Horse/Mushroom	Still Rings	Vault	Paralle Bars	Horizontal Bar	
Level 2	Arabesque (modified scale)	Jump to front support - hold	Shoulder high - jump to bent hip hang	Short run and hurdle onto board	From end of bars - hands on bars, jump and swing to straddle seat	Chest high - pullover to front support (coach assist allowed)	
	From support squat; forward roll to support squat	Two full pendulum leg swings	Inverted hang	Jump high from board - tuck legs up	From straddle seat, hands in front on bars, - swing to straddle seat	Cast back and return to front support	
	From support Squat; backward roll to support squat - kick legs back	From front support - dismount to stand with 1/4 turn either direction	Lower from bent hip to rear hang, feet touching floor	Tuck jump off board onto landing mat	From straddle seat, hands in back, raise legs to tuck - hold	Alternately change hands to undergrip	
	From push up position - drag legs forward to straddle stand - sidearm			Jump from board to mat and practice sticking landing	Support swings front and back	In undergrip, roll forward to stand	
	Tripod	No Mushroom skills for Level 2			Swings to front dismount over rail		
	From support squat - forward roll to stand - to immediate jump up.						
Level 3	Step, lunge, kick to 3/4 handstand, return to lunge	High left and right pendulum swings	From Hang Pull-up and lower	Run distance of 10 - 20 feet	From stand at end, Jump to swing forward to straddle seat	From hang - pullover (coach assist allowed)	
	Jump, hurdle cartwheel - with 1/4 turn facing back to starting point	In front support - travel down to right end of horse	Hang, tuck legs - hold	Run hurdle onto board	From straddle seat - hands in back - raise legs to L seat - hold return to sit	Cast back and undershoot;	
	Support squat - backward roll to push-up position	(left hand to right pommel, then right hand on leather)	From hang, forward and backward swings	Run, hurdle, straight jump to landing	Front swings and back swings to rear dismount over bars	Back swings and front swings	
	From push-up position; arch back; bring legs forward to straddle stand	At right end from front support, cut right leg forward	Swing to bent hip hang - hold			Swngs with hop on back swing	
	Headstand - Hold - Roll down - to immediate jump up and tuck	Cut right leg backward	Rear hang - hold, drop				
		Mushroom 1 Double leg circle					
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	Floor Exercise	Pommel Horse/Mushroom	Still Rings	Vault	Parallel Bars	Horizontal Bar	
Level 4	Front scale	3 Full pendulum swings	One pull up - momentary hold	Run, hurdle, front handspring to flat-back landing on 20" high mats	Jump to support - Front swing, back swing, front swing to straddle seat	From hang in overgrip, pullover to support	
	Cartwheel, Cartwhee	Leg cut forward - other leg cut forward - dismount	Hang, legs to L position - momentary hold		Move hands to front and swing to straddle sit - emphasize hip raise on lift	Cast, undershoot to swings, add tap swings to front swings	
	Headstand - Hold - forward roll - jump tuck	1 double leg circle on mushroom	3 swings to straightbody inverted hang		Lift legs to straddle "L" - hold	On final back swing, emphasize strong uprise to bar height before release	
	Run, hurdle round-off - rebound					Swing 1/2 turn completed above 45°	
Level 5	Front handspring	3 full pendulum swings in front support	Muscle-up to support with assistance	Run, hurdle, to front handspring vault	2 longhang swings to underarm support	From front support - cast to back hip circle to undershoot	
	Handstand forward roll to straddle stand	1 full pendulum swing in rear support	From support, L seat - roll backward to benthip hang		front swing, back swing, front swing, to straddle seat support;	Front and back swings adding a 1/2 turn at end of front swing	
	Jump to press handstand	forward leg cuts - one leg then the other	Rear hang (skin the cat), then pull out		Lift of bars back swing, front swing to L - Hold	continue swings in mixed grip and change grip to normal	
	Sissone (jump split leg leap with back leg higher than front leg)	backward leg cuts - one leg then the other	Swings forward and back to inlocate		from straddle sit on bars, cast to back swing, front swing, back, front, back to handstand, dismount	Kip	
	Run - Dive roll		From swings, Inlocate				
	Straight arm back extension roll	Mushroom 3 Double leg circles	swing to front swing to rear tuck dismount				
	Round-off back handspring						
Level 6	Front handspring, step-out, front handspring	Single leg pendular travel to front support	With swings, back uprise to L suport - hold	Handspring vault	Glide kip to support	From support in undergrip, cast forward to 3/4 front giant swing	
	Straddle press to handstand	1 Left & 1 Right front false scissors	Back lever - hold		Bail swing to Moy to upper arm support	In undergrip, swing backward and hop to double overgrip	
	Salto Front tuck	Feint to half double leg circle with 90° turn inward	With swings, 2 inlocates		Backswing, lower to straddle "L" support	Cast to 3/4 giant swing backward to (baby giant)	
	From handstand, lower to any split	Czechkehre on mushroom	With swings, 2 dislocates		5 swomgs tp 1/2 turn dismount to side (stutzehre)	Tucked, piked or layout flyaway at bar height	
	360° pirouette in handstand	3 Flaired double leg circles on mushroom	Press to shoulder stand				
	Round-off back handspring, back tuck		Layout flyaway dismount				

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