



Female Gymnastic Skill Chart



= I have MASTERED this skill!



Gymnast Name:

Sokol Unit:

Sokol Year:

Level 1	<u>Vault</u> ★	<u>Uneven Bars</u> ★	<u>Beam</u> ★	<u>Floor Exercise</u> ★	<u>Dance skills</u> ★
	Run, Hurdle	Pullover from 2 feet	Front support	3/4 Handstand	Forward passé balance
2-foot contact on springboard (feet in front of body)	Cast	Pike lying position into squat - stand	Candlestick	Split jump 30°, relevé balance, (hold 1 sec.)	
Straight jump onto raised mat surface (Min 16")	Back hip circle	Lever (1 sec. Hold)	Backward roll (tucked position)	Forward leg swings (L & R)	
Step forward into a lunge, kick-up to Handstand	Underswing dismount	Passé pose; stretch jump	Forward roll (tucked position)	Forward chassé; step, leg swing	
Fall (hollow body) legs together, arms straight overhead	Cast, straddle-on sole circle dismount	Cartwheel to 3/4 handstand dismount	Cartwheel 90° turn inward into a lunge	Arabesque 30° (hold 1 sec.)	