



= I have MASTERED this skill!



## Female Gymnastic Skill Chart

Gymnast Name:

Sokol Unit:

Sokol Year:

| Level 2   | <u>Vault</u>                | ★ | <u>Uneven Bars</u>   | ★                      | <u>Beam</u>   | ★   | <u>Floor Exercise</u>                      | ★                     | <u>Dance skills</u>                         | ★   |
|---|-----------------------------|---|--|------------------------|---|---|--|-----------------------|---|---|
|   | Accelerated run to a Hurdle |   |  | Single leg cut forward |   | Front support, whip swing to push up position, jump to tuck |  | Handstand (1 sec min) |   | Forward chassé; Straight leg leap (min 60°) |
| Pre-flight hollow body position (arms above head)                       |                             |   | Forward stride (mill) circle (or) Single leg basket swing (bending knee is acceptable) |                        | Arabesque (30° min, 1 sec);<br>Lever to beam (fingertips touch) |   | Round-off with 2-4 backwards running steps |                       | 2- ¼ heel-snap turns (90°) in forward passé |   |
| Handstand onto a raised mat surface (min 16")                           |                             |   | Single leg swing backward  |                        | Leg balance (forward passé, 2 sec)                              |   | Backward roll (to pike position)           |                       | Split jump (min 60°) to relevé stand        |   |
| Fall (hollow body) to a straight lying position on back (arms overhead) |                             |   | Cast, squat on (pike)-sole circle dismount   |                        | ½ (180°) pivot turn (relevé);<br>Stretch jump                   |   | Bridge, back kick-over                     |                       |   |   |
|   |                             |   | (or) Cast, underswing dismount   |                        | Cartwheel to side handstand dismount                            |   |  |                       |   |   |