



= I have MASTERED this skill!



## Female Gymnastic Skill Chart

Gymnast Name:

Sokol Unit:

Sokol Year:

Level 3	<u>Vault</u>	★	<u>Uneven Bars</u>	★	<u>Beam</u>	★	<u>Floor Exercise</u>	★	<u>Dance skills</u>	★
	Accelerated run (9-11 steps) to a Hurdle			Glide swing & return; back hip pullover (2 feet) (or) Straddle/pike glide kip		Leg swing mount with ½ turn (180°); whip swing to kneel (one leg)		Handstand to bridge, back kick-over (120° split)		Split jump (90°) Stretch jump
Pre-flight hollow body position (arms above head)			Front hip circle into a cast		Cross handstand		Handstand forward roll step out (straight arms)		Forward chassé; straight leg leap (90°)	
Handstand onto a raised mat surface (min 16")			Single leg squat through		Rond de jambe, arabesque (min 45°)		Backward roll (straight arm, to push-up position)		Forward split	
Fall (hollow body) to a straight lying position on back (arms overhead)			Forward stride circle (or) Single leg basket swing		Straight leg leap (90°) (pause) ½ (180°) heel-snap turn in forward passé		Round-off flic-flac (2 feet w/rebound)		Double stag sit (through forward/middle split)	
			Underswing dismount		Cartwheel to side handstand ¼ (90°) turn dismount					