



= I have MASTERED this skill!



## Female Gymnastic Skill Chart

Gymnast Name:

Sokol Unit:

Sokol Year:

| Level 4                  | <u>Vault</u>                                      | ★  | <u>Uneven Bars</u>      | ★  | <u>Beam</u>                 | ★   | <u>Floor Exercise</u>                | ★  | <u>Dance skills</u>                                | ★ |
|--------------------------|---|--|-------------------------|--|-----------------------------|---|--------------------------------------|--|--|---|
|                          | Pre-flight hollow body position (arms above head) |  | Straddle/pike glide kip |  | Cartwheel (90° turn inward) |   | Front handspring to 2 feet (rebound) |  | Straddle jump (120°)<br>Stretch jump ½ (180°) turn |   |
| Handspring (vault table) |   | Cast to horizontal (return to front support)<br>Squat (or pike) on                 |                         | Straight leg leap (120°);<br>relevé (lock) stand                   |                             | Handstand forward roll step out (straight arms) |                                      | Forward chassé;<br>straight leg leap (90°) |  |   |
|                          |   | (jump)Long hang kip<br>Cast, back hip circle                                       |                         | Cross handstand (1 sec)  |                             | Backward roll (straight arm) to handstand       |                                      | Sissone (120°)                             |  |   |
|                          |   | Underswing, 1 <sup>st</sup> counterswing<br>Tap swing 2 <sup>nd</sup> counterswing |                         | Forward, backward leg swing w/ ½ (180°) turn<br>Split jump (120°); |                             | Back walkover (150° leg separation)             |                                      | Full (360°) turn in forward passé          |  |   |
|                          |   | Tap swing forward, ½ (180°) turn dismount  |                         | Cartwheel to side handstand ¼ (90°) turn dismount                  |                             | Round-off flic-flac, flic-flac, rebound         |                                      |  |  |   |