



= I have MASTERED this skill!



Female Gymnastic Skill Chart

Gymnast Name:

Sokol Unit:

Sokol Year:

Level 5	<u>Vault</u>	★	<u>Uneven Bars</u>	★	<u>Beam</u>	★	<u>Floor Exercise</u>	★	<u>Dance skills</u>	★
	Handspring (vault table)			Straddle/pike glide kip		Leg Swing with 1/2 Turn Mount (kneel to stand)		Front handspring Step-out, Front Handspring (2 feet)		Straddle jump (150°)
			Cast to above horizontal		Back Walkover (or, back roll to 3/4 handstand, or flic-flac)		Front Tuck		Stretch jump Full (1/1) turn	
			Clear Hip Circle		Straight Leg Leap; Split Jump-Sissone (150°)		Back Extension Roll (straight arms)		Sissone (135°)	
			(Cast away) Long Hang Pullover (on high bar)		Cross Handstand (2 sec) Full Turn (1/1) on One Foot		Round-off Flic-flac, Back Tuck		Stride Leap (150°)	
			Flyaway Dismount		Cartwheel to side handstand 1/4 (90°) turn dismount					