



= I have MASTERED this skill!



Female Gymnastic Skill Chart

Gymnast Name:

Sokol Unit:

Sokol Year:

Level 6	<u>Vault</u>	★	<u>Uneven Bars</u>	★	<u>Beam</u>	★	<u>Floor Exercise</u>	★	<u>Dance skills</u>	★
	Handspring (vault table)		Cast to (45°) above horizontal		Front Walkover		Aerial Cartwheel		Straddle jump Sissone StrideLeap (180°)	
	1/4-1/2 twist on (Tsuk entry), land on mat stack		Baby Giant		Straight Leg Leap; Split Jump Sissone Straddle Jump (180°)		Back Extension Roll (straight arms) with Full (1/1) Pirouette		Tuck Jump with Full (1/1) Turn	
	Round-off entry (Yurchenko) onto table, land on mat stack		One 360° circling element (i.e. underswing, clear hip circle, stalder circle or hecht)		Stretch Jump with ¾ Turn				Fouette Hop to Land in Scale	
					Front Handspring Front Tuck Back Tuck Dismount					