



= I have MASTERED this skill!



## Female Gymnastic Skill Chart

Gymnast Name:

Sokol Unit:

Sokol Year:

Level 7	<u>Vault</u>	★	<u>Uneven Bars</u>	★	<u>Beam</u>	★	<u>Floor Exercise</u>	★	<u>Dance skills</u>	★
	Handspring (vault table)			Cast to Handstand		Back Handspring		Round-off Back Handspring, Back Layout		Tour Jete
					Round-off				Switch Leg Leap	
1/4-1/2 twist on (Tsuk entry), land on mat stack			Back Giant		Tuck Jump with 1/2 Turn		Front Pike		Wolf Jump with 1/2 Turn	
					Pike Jump				Split Jump with 1/4 Turn	
Round-off entry (Yurchenko) onto table, land on mat stack			Clear Hip Circle to Handstand		Full (1/1) Turn with leg at (45°)				Full (1/1) Turn with Leg at Horizontal	
					Full (1/1) Turn in Tuck Stand				1 and 1/2 Turn on One Foot	
			Flyaway Dismount with 1/2 (or 1/1 Twist)		Front Aerial Gainer off the Side Dismount				Full (1/1) Turn in Tuck Stand	