



## Female Gymnastic Skill Chart



= I have MASTERED this skill!



Gymnast Name:

Sokol Unit:

Sokol Year:

Bronze	<u>Vault</u> ★	<u>Uneven Bars</u> ★	<u>Beam</u> ★	<u>Floor Exercise</u> ★	<u>Dance skills</u> ★
	Run, Hurdle	Jump to Front Support Pullover	Jump to Front support	Backward Roll (to push up position)	Split jump 60°
2-foot contact on springboard (feet in front of body)	Cast Leg Cut	Lever to touch beam Bridge	¾ Handstand	Straddle jump 60°	
Straight jump onto raised mat surface (Min 16")	Back hip circle	Stretch Jump Tuck Jump	Cartwheel	Stride leap 60°	
Kick to Handstand (hands on board or mat) fall to flat back	Single leg basket swing	Forward or backward swing turn	Round off	Leg Swing Hop (free leg) Horizontal	
(OR) Jump to handstand-fall to flat back	Cast off to Stand Underswing dismount	Handstand (land facing beam)	Bridge, Back kick-over	½ Turn on One Foot	

