



= I have MASTERED this skill!



Female Gymnastic Skill Chart

Gymnast Name:

Sokol Unit:

Sokol Year:

Diamond	<u>Vault</u>	★	<u>Uneven Bars</u>	★	<u>Beam</u>	★	<u>Floor Exercise</u>	★	<u>Dance skills</u>	★
	Handspring, 1/1 Twist off		Cast to Handstand		Round-off		Back Layout with Full (1/1) or Half (1/2) Twist		Stride leap, Switch leap Straddle jump 180°	
	Round-off Flic-Flac on, (Repulsion off)		Clear Hip Circle to Handstand		Full Turn (1/1) in Tuck Stand		Front Pike		Full Turn (1/1) with Leg Horizontal	
			Giant		Pike Jump				1 and 1 /2 Turn on One Foot	
			Overshoot (bail) Straddle Back over Low Bar		Sissone Split Jump Leap Staddle Jump 150°				Cat Leap Full (1/1) Turn	
			Flyaway with ½ or 1/1 Twist		Front Layout Dismount Gainer off the Side Dismount					