



= I have MASTERED this skill!



Female Gymnastic Skill Chart

Gymnast Name:

Sokol Unit:

Sokol Year:

Gold	<u>Vault</u>	★	<u>Uneven Bars</u>	★	<u>Beam</u>	★	<u>Floor Exercise</u>	★	<u>Dance skills</u>	★
	Front Handspring		Single Leg Jam Kip		Handstand (vertical)		Round-off Back Handspring		Split jump 120°	
	¼ to ½ Turn on, (repulsion off)		Min. Horizontal Cast		Back Walkover		Aerial Cartwheel		Straddle jump 120°	
			Squat on		Full Turn (1/1) on One Foot		Back or Front Tuck		Stride leap 120°	
			Long Hang Pullover		Leap and jump with 120° split				Switch Leg Leap 120°	
			Tap Swing ½ Turn Dismount		Round-off Dismount				Full Turn (1/1) on One Foot	