



= I have MASTERED this skill!



## Female Gymnastic Skill Chart

Gymnast Name:

Sokol Unit:

Sokol Year:

Platinum	<u>Vault</u> ★	<u>Uneven Bars</u> ★	<u>Beam</u> ★	<u>Floor Exercise</u> ★	<u>Dance skills</u> ★
	Front Handspring	Kip	Switch Leg Mount Jump to Tuck Stand Mount	Back Layout	Split jump, Stride leap, Sissone 150°
	Handspring, ½ Twist off	Clear Hip Circle	Back Handspring	Front Pike	Fouette Hop to Land in Scale
	¼ to ½ On, ½ to ¾ Off	Long Hang Kip	Straight Jump with ¾ Turn	Front Handspring, Front Tuck	Pike Jump
		Tap Swing	Tuck Jump with ½ Turn	Flic-flac, Back Tuck	Tuck Jump with (1/1) turn
		Flyaway	Front Tuck Dismount		Wolf Jump with ½ Turn