



= I have MASTERED this skill!



Female Gymnastic Skill Chart

Gymnast Name:

Sokol Unit:

Sokol Year:

Silver	<u>Vault</u>	★	<u>Uneven Bars</u>	★	<u>Beam</u>	★	<u>Floor Exercise</u>	★	<u>Dance skills</u>	★
	Handspring over Mat Stack		Pullover Glide Swing to Stand		Free Leap or Jump to Stand		Vertical Handstand		Split jump 90°	
	¼ to ½ Turn on, (repulsion off) onto Mat Stack		Cast Shoot Through Forward (or) Backward Stride Circle		¾ Handstand		Front or Back Walkover		Straddle jump 90°	
			Front hip circle		Cartwheel		Round off		Stride leap 90°	
			Sole Circle Dismount (pike or straddle) Squat on, Stretch Jump off		Leap and jump with 90° split		Back or Front Handspring		Stretch Jump with ½ Turn	
			¾ Back Seat Circle Dismount		Handstand ¼ turn Dismount				Wolf Jump	