



## Male Gymnastic Skill Chart



= I have MASTERED this skill!



## Level 2

Gymnast Name:

Sokol Unit:

Sokol Year:

<u>Vault</u>	★	<u>Horizontal Bar</u>	★	<u>Pommel</u>	★	<u>Rings</u>	★	<u>Floor Exercise</u>	★	<u>Parallel Bars</u>	★
<b>Run, Hurdle 2-foot contact on springboard</b>		<b>Pullover</b> (bar chest high) <b>to front support</b> (spot allowed)		<b>Jump to front support-hold</b>		(Shoulder high) <b>Jump to bent hip hang</b>		<b>Arabesque</b> (modified scale) <b>Tripod</b>		(From end of bars) <b>Jump to straddle seat</b>	
<b>Jump from board in tuck position</b>		<b>Cast</b> (hips leave the bar) <b>Return to front support</b>		<b>2-full pendulum leg swings</b>		<b>Inverted hang</b>		(From squat) <b>Forward roll</b> (end in support squat)		(From straddle seat, hands in front) <b>Swing to straddle seat</b>	
<b>Stuck landing</b> (from tuck jump) <b>from springboard</b>		<b>Alternatively change hands to undergrip</b>		(From front support) <b>Dismount to stand with 1/4 turn in either direction</b>		<b>Lower from bent hip hang</b> (feet touch ground)		(From squat) <b>Backward roll, kicking legs straight back</b> (end in support squat)		(From straddle seat, hands in back) <b>Raise legs to tuck-hold 2-3 sec</b>	
		(In undergrip) <b>Roll forward dismount</b> (stand-in front of bar)						(From push-up position) <b>drag legs forward to straddle stand</b> (end in sidearm)		(2 or 3) <b>Support swings-front &amp; back</b>	
								(From squat) <b>Forward roll to stand; straight jump</b>		(2 or 3) <b>Swings to front dismount over bars</b>	
				<i>*there are no mushroom skills for Level 2</i>							