



## Male Gymnastic Skill Chart



= I have MASTERED this skill!



## Level 3

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> ★
Run (20-40 feet) with acceleration	Front hang, pullover to front support (spot allowed)	High left & high right pendulum swings	(From hang) Pull-up and lower	Step, lunge, kick to 3/4 handstand, return to lunge	(From end of bars) Jump to forward swing to straddle seat
Run with hurdle onto board	Cast back & undershoot	(In front support) travel down (right) to end of horse	(From hang) 2 or 3 forward & backward swings	Jump, hurdle, cartwheel (with 1/4 turn) land facing starting position	(From straddle seat, hands in back) Raise legs to "L" seat (hold) return to straddle seat
Run, hurdle, straight jump to stuck landing	2-3 swings from undershoot	(From end of horse) Cut right leg forward, Cut right leg backward	Swing to bent hip hang-hold	(From squat) Backward roll to push-up position	(2 or 3) Swings to rear dismount over bars
	2-3 Swings with a hop of both hands on the backswing	Dismount with 1/4 turn to left from the horse	Rear hang (hold) drop to floor dismount	(From push-up position) arch, bring legs forward to straddle stand	
		<u>Mushroom</u> : 1 double leg circle		Headstand (hold) roll forward to tuck jump	