



## Male Gymnastic Skill Chart

## Level 5



= I have MASTERED this skill!



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, hurdle, dive roll to stand		(From front support) Cast to back hip circle through to undershoot		<b>Mushroom: 2 Double leg circles</b>		<b>Muscle up to support</b> (assistance allowed)		<b>Front handspring</b>		<b>2 long hang swings to underarm support</b>	
Run, hurdle to front salto (tucked) with stuck landing		(Front and back) Swing with 1/2 turn ending in mixed grip		<b>Mushroom: 3 1/2 Double leg circle with 1/4 turn to flank dismount</b>		(From support) Roll backward to bent hip hang		<b>Jump to straddle, press to handstand, lower to straight leg stand</b>		(From underarm support) <b>2 swings to straddle seat</b>	
		(From mixed grip swings) <b>change to over grip</b> (while swinging)				<b>Rear hang, then pull up to bent hip hang</b>		<b>Slight run, dive roll</b>		(Lift legs off bars) <b>Back and front swing to "L" hold</b>	
		Swing forward to a <b>Kip</b> support				(2 or 3) <b>Swings forward &amp; back to tucked dismount</b>		<b>Straight arm back extension roll</b>		(2 or 3) <b>Swings up to handstand</b> (short hold) <b>dismount over bars</b>	
								<b>Round off, back handspring</b>			