



Male Gymnastic Skill Chart



= I have MASTERED this skill!



Level 7

Gymnast Name:

Sokol Unit:

Sokol Year:

<u>Vault</u>	★	<u>Horizontal Bar</u>	★	<u>Pommel</u> <small>Performed on a pommel-less horse</small>	★	<u>Rings</u>	★	<u>Floor Exercise</u>	★	<u>Parallel Bars</u>	★
Front handspring		(From hang or swing in overgrip) Cast forward (stemme) to back uprise, free hip circle		Two front loops		Straight body pull to inverted hang		Front handspring-front salto (tucked) to stand		(Swing backward) Layaway to forward uprise to support	
Front handspring with 1/4 or 1/1 twist		Cast forward to one or more giant swings forward		Loop with 1/4 turn forward to side support		Inlocate (straight body)		Round off, back handspring, back handspring back tuck		(Straight arm) Bent body press to 45° above horizontal	
Yamashita (optional-1/2 twist)		Giant swing (forward) with 1/2 turn		Two double leg circles in side support		One or two dislocates backward (straight body)		Straight arm (tuck or pike) back extension roll to handstand with 1/2 turn, lower to arched support		Forward swing, backward swing to handstand, hold	
				One circle (in cross or side support) into flank or wende dismount		Swing forward to salto (backward layout) dismount		Round off, back handspring, back layout		Swing forward to salto dismount (backward) Or Swing forward, backward to salto forward dismount	