



## Female Gymnastic Skill Chart



= I have MASTERED this skill!



Gymnast Name:

Sokol Unit:

Sokol Year:

Bronze	<u>Vault</u>	★	<u>Uneven Bars</u>	★	<u>Beam</u>	★	<u>Floor Exercise</u>	★	<u>Dance skills</u>	★
	Run, Hurdle			Jump to Front Support (or) Pullover		Jump to Front support		Backward Roll (push up position) (or) Forward Rolls (straddle, pike)		Split jump 60°
2-foot contact on springboard (feet in front of body)			Cast (hips leave the bar)		Lever to touch beam		¾ Handstand		Straddle jump 60°	
Straight jump onto raised mat surface (Min 16")			Leg Cut		Stretch Jump		Cartwheel		Stride leap 60°	
Kick to Handstand (hands on board or mat) fall to flat back			Single leg basket swing (or) Back hip Circle		Tuck Jump Backward Shoulder Roll		Round off		Leg Swing Hop (free leg) Horizontal	
(OR) Jump to handstand-fall to flat back			Cast off to Stand  Underswing dismount		Handstand Dismount (land facing beam)		Bridge, Back kick-over		½ Turn on One Foot	