



Male Gymnastic Skill Chart

Level 3



= 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 (60 feet) with acceleration		(From hang in overgrip) 1/2 turn (to mixed grip, return to overgrip) pullover		Mushroom: 1 Double leg circle		1 Pull-up, hold (2-3 sec)		Kick to handstand (hold)		Jump to support swings (front, back, front) to straddle seat	
Run with hurdle onto board (feet extended forward in front of body)		Cast to undershoot (2-3) tap swings , (hop w/both hands on backswing)		Mushroom: 1/2 Double leg circle with 1/4 turn to flank dismount		(From hang) Lift legs to tuck, hold (2-3 sec)		2 Cartwheels		Lift legs to a straddle "V" (hold)	
(From spring board) Straight leg jump, stuck landing		Backswing with uprise (to bar height) release				3 Swings to straight body inverted hang (hold)		Headstand (hold), forward roll with tuck jump		(2 or 3) Swings to rear dismount over bars	
								Run, hurdle, round-off with rebound			