



Male Gymnastic Skill Chart

Level 4



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