



Male Gymnastic Skill Chart



= I have MASTERED this skill!



Level 5

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 (82 ft) with acceleration		(From front support-undergrip) Cast forward to ¾ giant swing		Mushroom: 2 Double leg circles with Czechre (Moore)		(2 or 3) Swings back uprise, "L" hold		Front handspring step out-front handspring		Glide kip to support	
Run, hurdle to front handspring with stuck landing		(In undergrip) Swing backward and hop both hands to over grip		Mushroom: 2 Flaired double leg circles		Back lever, hold (2-3 sec)		Straddle press to handstand		Bail swing to Moy to an upper arm support	
		Cast to ¾ giant swing backwards to a baby giant		Mushroom: 1 ½ Double leg circles with ¼ turn to flank dismount		(From bent hip hang) dislocate backwards to (2 or 3) swings		Salto front tuck Handstand 360° pirouette		Back, front swing, lower to straddle "L" support	
		Kip				Press to shoulder stand		Lower to (any) split from handstand		(2 or 3) Swings to ½ turn dismount over bars (Stutzkehr)	
		Tuck, pike or layout flyaway dismount				Layout flyaway dismount		Round off, back handspring, back tuck			