



= I have MASTERED this skill!



## Sokol Tot Skill Chart: Level 1

**Gymnast Name:**

Sokol Unit:

Sokol Year:

<u>Body Awareness</u>	★	<u>Rings</u>	★	<u>Vault</u>	★	<u>Floor Exercise</u>	★	<u>Balance Beam</u>	★	<u>Uneven Bars</u>	★
Calisthenics movements (front arm, side arm, up arm, rear arm)		Hang lying with straight arms and legs, feet together on mat (hold 3 seconds)		Run 30 feet in 5 seconds		Series of step-kicks (L & R)		Walk forward, backward, sideways		Possum shimmy across bar with hands and legs	
Sitting Positions (tuck, pike, straddle, v-sit) and squat		Chin ups from hang lying position (3 times)		Punch on Jr. spring board - hands on box (Rebounds s/b in pike position)		Log Roll (tight body)		Straight jump dismount landing in demi plié		Show front support (no jump)	
Animal Walks (bear, crab, camel, bunny hops, inch worm)		Straight Leg lifts one at a time from hang lying position (L & R)		Dismount from height of 1 ft - two-foot landing, demi plié, arms up		Forward Roll down incline		Jump up and land on beam with two feet		Forward Roll dismount from standing position (waist high height)	
Toes pointed and flexed and hands pointed and flexed		Hang with bent arms and knees (hold 3 seconds)		Stretch jump to landing position on floor		Backward Roll preparation		Place 4-5 items on beam (bean bags) Walk to each item, squat & pick up		Hang in straddle with toes on bar	