



= I have MASTERED this skill!



Sokol Tot Skill Chart: Level 2

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>	★
Front Lunges (L & R)		Knee bends from standing position (3 times-no jumps)		Hurdle on mat		Rock & Roll		Step-kick, step-kick (L & R) Min 4 continuous		Jump to front support (waist high height)	
Standing Positions (pike, straddle)		From stand pull up to bent hip hang - tuck position		Punch board and straight jump onto landing mat		Tuck forward roll		Walk on toes (relevé) forward, backward, sideways		Cast off bar dismount	
Hops on one foot (L & R, 5 each)		From stand pull up to bent hip hang - straight legs		Run, rebound from Jr. board - straight jump onto landing mat		Front lunge-hold, to scale hold (L & R)		180-degree pivot turn on toes		Basic long hang and swing in hollow body position	
Jumps (tuck, straddle, split, skip)		From bent hip hang to inverted hang (feet rest on straps for balance)		Dismount from 18" height - stick landing		Horse kicks		Arabesque (L & R) - hold each 2 seconds		Hang on bar (tuck, pike, straddle)	