



= I have MASTERED this skill!



Sokol Tot Skill Chart: Level 3

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>	★
Static Marching Positions (at ease, dress-right-dress, ready front)		Raised rings - basic long hang (for child with tension in arms)		Tuck jump to landing position on floor		Backward roll down incline		Forward Waltz Steps (L & R)		Monkey shimmy across bar with hands	
Right Face and Left Face		Basic long hang and swing in hollow body position (3 times)		Run rebound from Jr. board - tuck jump onto landing mat		Cartwheel over box or down incline		Grapevine Step - cross in front and behind (L & R)		Pull over with incline mat (feet walk up)	
Straddle toe touches – (left, right, middle)		Skin the cat		Punch board and squat mount onto box		Forward straddle roll down incline		180-degree squat pivot turn on toes		Cast off bar and return to front support position	
Front Splits (L & R) (understands position; to the floor not required)		From bent hip hang to inverted hang - no use of straps		Run, rebound from Jr. board and squat mount onto box		Handstand against wall mat		Inch worm		Single leg cut concept (L or R) ending in astride support position	
Gallops/Chassés				Dismount from 24"-30" height - stick landing		Tripod		Stride Leap (L & R)		Chin up while bringing legs to bar in V-Sit position HOLD	