

# Level 1

## Core Skills

### **Precision Landing**

A two-foot landing where you “stick it” and stop moving completely. Land on the balls of your feet and bend your knees with your arms in front of you.

### **Swing**

An arm swing from hanging on a bar. Using legs and core to propel yourself forwards and backwards.

### **Safety Vault**

A vault over an obstacle that uses both arms and a leg. When passing over the vault, one leg steps over and the other pushes through as the middle limb stops touching the vault. Push out hips to reach for the ground.

### **Tic Tac**

A one-foot push off a wall or obstacle to gain power or a change in direction. Only your foot should touch the wall.

### **Stride**

Continuous running one foot jumps. Differs from a step in that there is a moment where both of your feet are off the ground.

# Level 1

## Supplemental Skills

### **Slap Down Landing**

A two-foot landing on a surface where there is no room or need to roll. Land on the balls of your feet, and as you bend your knees to land, rock forward to place your hands flat on the ground.

### **Forwards Breakfall**

A forward fall from a kneeling or standing position. Arms should be outstretched so that hands contact the ground first. Palms are open when they catch the ground. Elbows bend outwards as you slowly lower to the ground.

### **Backwards Breakfall**

A backwards fall onto a crash mat from seated, standing, or in a low crouch. Arms are crossed across the chest and chin is tucked in. Body should be tall and upright as you fall, like a tree. When landing on the mat or foam, open your arms to hit your hands down beside your body.

### **Hurdle**

The “skip” jump. Same foot touches down on consecutive obstacles, just like you’re skipping.

### **Wall Splat**

A quick “landing” on a wall. Similar to a cat, except you are not trying to hold onto the wall, but briefly cushion and land to absorb impact.

# Level 2

## Core Skills

### **Front Shoulder Roll**

Contact is made first by hands, which are placed flat and open on the ground. The direction of the roll follows from over one shoulder and out the opposite hip.

### **Back Shoulder Roll**

One hand reaches behind the head to protect it, with your chin held by your elbow. Both knees should go over the same shoulder to avoid rolling over your head.

### **Plyometric Jump**

A two-foot consecutive jump, where knees bend partially and hands swing back to initiate another jump before landing into a deep knee bend.

### **Wall run**

A one-foot push off a wall to get extra height to reach a ledge. One hand protects the face as the foot pushes, and one hand reaches up.

# Level 2

## Core Skills

### **Cat Leap**

A type of landing and hold on a wall. Hands on the lip of the wall, feet in front of you. Make sure that the feet land first.

### **Hip Catch**

A type of landing and hold on a wall or bar. Hands catch the bar or top edge of the wall at the level of the hips. If done on a wall, foot contacts the wall first.

### **Lache**

A type of swing where you release the bar and travel forwards, landing in safe position on the ground or an obstacle.

### **Underbar**

Diving feet first underneath a bar. Usually done in between a bar and another obstacle. Hands grab the bar above you and pull back to propel you forwards.



# Level 2

## Supplemental Skills

### **Rotating Precision**

A precision with a half twist in the middle. Jump from one box to another while rotating 180 degrees or more

### **Side Vault**

A vault over an obstacle where both legs go to the same side of your body. Make sure that your inside hand is removed from the obstacle. Your hips should face forwards the entire time.

### **Pop Vault**

A one-foot push off the wall combined with an upward hook kick. Push with shoulder and back to lift hips as high as possible and high step on top of the wall.

### **Cartwheel**

A movement where each hand and foot is placed individually on the ground in sequential order. Hands are placed individually one after the other, legs kick up over your head and then land individually one after the other

### **Band-Assisted Pull Ups**

A bodyweight exercise where the athlete pulls themselves up with a pronated grip. They stand on a thick resistance band to assist at the hardest part of the pull up: the start.

# Level 3

## Core Skills

### **Height Drop**

Dropping from a height and rolling. Feet should contact ground first. Hands are placed further away from your feet than usual. Your roll should carry you forwards, not downwards.

### **Dive Roll**

A roll in which you dive to cover more distance or height. Hands need to touch down to break impact. Don't land shoulder first.

### **Kong Vault**

A vault where you launch yourself over an obstacle using both of your arms. Body should be leaning forwards the entire time. Knees tuck in as you clear the obstacle.

### **Dash Vault**

A vault over an obstacle where your feet clear first and are followed by a push of the arms. Hands should push off the obstacle before your feet touch the floor.

# Level 3

## Core Skills

### **Crane**

A type of landing on an obstacle where one foot lands on top and one foot catches the vertical side. Only the balls of your feet and your palms should touch the obstacle. No heels and no knees

### **Reverse Vault**

A vault over an obstacle where you turn a full 360 degrees. One hand starts twisted, the other comes off the obstacle as you turn. There should be an even speed to the rotation.

### **Reverse Underbar**

An alternate version of the underbar. Instead of traveling feet first under the bar, this movement goes headfirst. Useful for diving over an obstacle before going under the bar.

### **Speed Vault**

A very quick vault over an obstacle. Inside hand plants, the opposite foot drives over the obstacle while the body stays low.

# Level 3

## Supplemental Skills

### **Monkey Vault**

A modified kong where you hop up onto a higher surface and end in a squat position. Knees tuck in, but just enough to land in between you hands.

### **Dash Down**

A modified dash that pops down do a lower surface. Squat down and place hands on the corner of the higher surface. Push arms behind you and kick out lets to reach for the lower surface.

### **Safety Down**

A modified safety vault that's used in combination with a height drop (no roll). Jump down to a lower surface and land on one foot & hand, immediately stepping through to the ground.

### **Punch Dive Roll**

A in roll which you dive higher than far, typically done with an "arm circle punch" to rebound upwards.

### **Round Off**

A movement very similar to the cartwheel but there is a turn to face the opposite direction followed by a punch off the ground.

### **Pull ups**

A bodyweight exercise where the athlete lifts themselves up with pronated grip (i.e. thumbs pointing towards each other).



# Level 4

## Traditional Skills

### **Dive Kong**

A diving kong vault that clears a certain distance or obstacle before hands come down to finish the vault.

### **Bar Precision**

A precision landing performed on a bar or railing.

### **Bar Climb Up**

A pull up that ascends into hip catch, often with a kip

### **Pull over**

A bar skill where you pull your legs up and over the bar from a hanging position to a hip catch position.

### **Dyno**

A dynamic launch from a cat hang, propelling yourself upwards with both arms and catch a higher hanging position.

# Level 4

## Traditional Skills

### **Pop Safety**

A variation of the safety vault, where you use a single step off the face of the obstacle to be able to vault over higher obstacles.

### **Lazy / Thief Vault**

A vault with an angled approach to an obstacle. Inside hand touches the obstacle first, and either foot can jump off the ground. The close foot method is called lazy , the far foot is called Thief.

### **Lache Regrab**

A type of swing where you release the bar and travel forwards, landing and catching another bar.

### **Speed Step**

A very quick vault over an obstacle where the foot lands first, followed by the opposite hand.



# Level 4

## Freestyle Skills

### **Front Flip**

An acrobatic action where you rotate your entire body over your head in a forwards direction.

### **Side Flip**

An acrobatic action where you flip your body sideways. You should land facing the same direction as when you started.

### **Back Flip**

An acrobatic action where you rotate your entire body over your head in the backwards direction.

### **Flyaway**

A bar skill where you pull your legs up and over the bar from a hanging position to a hip catch position.

### **Bum Spin**

A dynamic launch from a cat hang, propelling yourself upwards with both arms and catch a higher hanging position.

# Level 4

## Freestyle Skills

### **Palm Spin**

An acrobatic action where you rotate your entire body over your head in a forwards direction.

### **Scout**

An acrobatic action where you flip your body sideways. You should land facing the same direction as when you started.

### **B-Kick**

An acrobatic action where you rotate your entire body over your head in the backwards direction.

### **Front Handspring**

A bar skill where you pull your legs up and over the bar from a hanging position to a hip catch position.



# Level 5

## Traditional Skills

### **Kong Pre**

A kong vault over an obstacle with a precision landing on another obstacle of the same height.

### **Bar Plyo**

A plyometric jump performed on a bar or railing.

### **Bar Kip Up**

"A bar skill where you use swinging momentum to pull yourself from a hanging position to a hip catch position on a bar."

### **Climb Up**

A fundamental ascension technique where you pull yourself up into a hip catch position from a cat position on a wall.

# Level 5

## Traditional Skills

### **Side Kash**

A vault that begins with a side vault and ends up pushing off the obstacle like a dash vault.

### **Cast Lache**

A lache performed by casting out from a hip catch on a bar.

### **Speed Vault**

A very quick vault over an obstacle. Inside hand plants, the opposite foot drives over the obstacle while the body stays low.

### **Pop Kong**

A variation of the kong vault, where you use a single step off the face of the obstacle to be able to vault onto higher obstacles.

# Level 5

## Freestyle Skills

### **Back Half**

A back flip with a half twist, ending up facing the direction you jumped from.

### **Side Aerial**

A cartwheel without hands. As you hurdle, spring off your leading leg while setting with the other. Draw up your hands into a "chicken wing" position.

### **Arabian**

A front flip with a half twist, typically out of a cartwheel or round off.

### **Wall Flip**

A laid out or tucked backflip done with one step pushing off a wall.

### **Macaco**

An acrobatic movement which is a cross between a back handspring and a back cartwheel.

### **Slant Gainer**

A tricking movement where one foot plants on the ground and jumps while the other leg and both arms swing upward. Rotation occurs over the shoulder, a motion similar to a slanted backflip.

### **B-Twist**

An advanced acrobatic movement where you perform a b-kick with a 360 twist.

### **Palm Flip**

An advanced backflip where you push off a wall with both hands into a backflip.

# Level 6

## Traditional Skills

### **Double Kong**

A kong vault over an obstacle with a precision landing on another obstacle of the same height.

### **Bar Stride**

A plyometric jump performed on a bar or railing.

### **Muscle Up**

An advanced ascension skill where you pull yourself up to a hip catch position from a hanging position with no swing.

### **Top Out**

A variation of the kong vault, where you use a single step off the face of the obstacle to be able to vault onto higher obstacles.

### **Tic Tac 180**

An advanced ascending skill where you take two steps up a wall before turning and landing on another obstacle.

### **Dive Kash**

A diving kash vault performed from on top of an obstacle or two obstacles.

### **Continous Lache Regrabs**

A type of lache where you lache to another bar and transition smoothly into another consecutive lache.

### **Turn Vault Cat**

A vault in which you vault from one side of an obstacle to the other, usually a railing, and land in a cat position.



# Level 6

## Freestyle Skills

### **Rudy**

An advanced acrobatic movement where you perform a front flip with a 540 twist. Usually done off a ledge or obstacle.

### **Corkscrew**

A tricking movement where you perform a slant gainer with a full 360 degree twist, landing on two feet or on one.

### **Back Full**

An advanced acrobatic movement where you perform a backflip with a 360 twist. Usually done off a ledge or obstacle.

### **Gumby**

An advanced cartwheel variation entering the opposite direction you cartwheel, allowing for a transition into swing through flips and other skills.

### **Wall Spin**

An acrobatic action where you rotate in an arc over your head while your hand(s) brace on an obstacle or wall.

### **Back Handspring**

An acrobatic motion where you rotate your entire body backwards over your head to land on your hands before continuing the rotation and springing back to your feet.

### **A-Twist**

An advanced acrobatic movement where you perform an aerial with a 180 twist.

# Level 7

## Meta-Skills & Concepts

### **Skill Mastery**

Completion of both Traditional and Freestyle branches.

### **Environmental Awareness**

The ability to accurately assess surfaces, obstacles, and the surrounding environment for potential dangers.

### **Mental Management**

The ability to competently deal with the psychological aspects of a route or challenge, such as fear, risk, commitment, and self-efficacy.

### **Parkour Vision**

The ability to create or find a developmentally appropriate route or challenge for one's self.

# Level 7

## Meta-Skills & Concepts

### **Progression**

The ability to apply an appropriate progression strategy to a novel route or challenge.

### **Flow**

The ability to move fluidly using any given movement or series of movements at a consistent rhythm and/or speed.

### **Ukemi**

The ability to react properly to unexpected slips, trips, and falls when attempting a route or challenge.

### **Speed / Efficiency**

The ability and mindset to move through a route as quickly and efficiently as possible.

### **Community and Leadership**

The abilities and characteristics required to be a positive role model and representative of the community and the sport of Parkour.