

# CURRICULUM SKILL SHEETS

# 1

## FUNDAMENTALS ONE

Level 1 is an introduction to fundamental falling, jumping, and landing skills. Students will be taught safe techniques on a variety of obstacles while building specific motor patterns for Parkour. Students who complete this level should have a basic understanding of how to land properly as well as safely use walls, bars, and vault boxes.

## CORE SKILLS

### Precision

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

Arm swing on a bar. Using legs and core to propel yourself forwards and backwards. Very similar to the way you swing on a swing set.

### Safety Vault

A vault over an obstacle where one foot touches down after you jump. Most often done with side vault positioning. Make sure that your planting leg is behind your straight leg.

### 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.

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## SUPPLEMENTARY SKILLS

### Slap Down

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.

### Back Fall

A backwards break fall into an air pit or onto a crash mat. 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.

### Forward Fall

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.

### Stride

Continuous running one foot jumps. Imagine running across rocks sticking up out of a river. Each foot touches only once on an obstacle.

### 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.

# 2

## FUNDAMENTALS TWO

Level 2 introduces basic vaults and rolls as well as wall landing and ascending skills. Students will build upon the fundamental skills learned in level 1 and further expand their Parkour movement vocabulary. Students who have completed level 2 should be comfortable with shoulder rolls and a variety of wall and bar skills.

## CORE SKILLS

### Front Roll

A forward facing roll. Contact is made first by hands, which are placed flat and open on the ground. The “line” of the roll will be directed over one shoulder and out the opposite hip. Speed going into the roll should be equal to the speed coming out of the roll.

### Back Roll

A roll backwards. One hand should be behind your 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.

### Plyo

A two-foot consecutive jump. Make sure that your hands reset behind you as you set up to jump forwards.

### Wall Run

A one-foot push off the wall to help you get up to the ledge. One hand protects your face as you push, and one hand reaches up. You should be facing the wall the entire time.

### Cat

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.

### Underbar

Diving feet first underneath a bar. Usually done in between a bar and another obstacle. Hands grab the bar above you and assist in propelling you out the other side.

# 2

## FUNDAMENTALS TWO

Level 2 introduces basic vaults and rolls as well as wall landing and ascending skills. Students will build upon the fundamental skills learned in level 1 and further expand their Parkour movement vocabulary. Students who have completed level 2 should be comfortable with shoulder rolls, multiple vaults, and a variety of wall and bar skills.

## SUPPLEMENTARY SKILLS

### Rotating Precision

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

### 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.

### Wall/Bar Hip Catch

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

### 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.



# 3

## FUNDAMENTALS THREE

Level 3 introduces an increased level of complexity with advanced vaults and rolls as well as wall climbing and dynamic bar skills. Students will build a solid foundation of multiple skills resulting in a large movement vocabulary. Students who have completed Level 3 should be competent and confident traversing various obstacles in a variety of different ways.

## 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

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

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.

### Cat Back

Hanging in a cat position on a wall, pull up and push yourself away from the wall and land on another obstacle.

### Lache

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

### 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.

# 4

## FREESTYLE

### BASIC FLIPS & SPINS

Level 4 Freestyle is an introduction to the creative and acrobatic side of Parkour. Students will acquire a basic understanding of acrobatic movements as well as building aerial awareness. Students who have completed this level should be comfortable performing the 3 basic flips as well as fundamental acrobatic movements.

## CORE 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.

### 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.

### Fly Away

A backflip performed after releasing the bar on the forward swing.

### Bum Spin

A spinning movement done on a bar. Start the movement as you would a lazy vault. Legs kick up and over the bar as you spin on your bum and end on the same side you started on.

### Scoot

A transitional movement used to create momentum and power for a variety of flips and twists.

### B-Kick

A tricking movement where you jump parallel with the ground and splay your arms and legs out in a modified “starfish” position.

# 4 TRADITIONAL

## BASIC FUNDAMENTAL VARIATIONS

Level 4 Traditional is a continuation of the roots of Parkour based in efficient movement. Students will expand on their current movement library with a focus on advanced skill variations tied together with ascending and descending skills. Students who have completed this level can competently and accurately traverse obstacles in a wide variety of different ways.

## CORE 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.

### 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

From a cat, or hanging position, launch yourself upwards with both arms and catch a higher hanging position.

### 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 contacts the obstacle first, and either foot can jump off the ground. The foot that takes off dictates whether it is a thief or a lazy vault.

### 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.



# 5

## FREESTYLE TWISTS & VARIATIONS

Level 5 Freestyle expands on the foundational acrobatic skills in Level 4 by introducing twists and wall acrobatics. Students will learn the fundamentals of incorporating walls and twists into their creative movement repertoire. Students who have completed this level will have an expanded acrobatic movement library and have the ability to creatively utilize the environment in their movement practice.

## CORE SKILLS

### Front Half

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

### 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.

### Arabian

A backflip with a half twist, ending up facing away from the direction you jump from.

### 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.

### Wall Flip

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

### Palm Spin

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

### Macaco

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

### B-Twist

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

# 5 TRADITIONAL

## ADVANCED FUNDAMENTAL VARIATIONS

Level 5 Traditional increases the complexity of the previous level with a focus on speed, distance, and momentum while continuing to expand on ascending and descending skills. Students who have completed this level move with confidence and fluidity through more complex and demanding environments.

## CORE SKILLS

### Kong Pre

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

### Bar Plyo

A plyo 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.

### 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.

### 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.

# 6 FREESTYLE

## ADVANCED TWISTS & FLIPS

Level 6 Freestyle builds upon the acrobatic foundation of the previous levels to introduce students to advanced flips and twists. Students will learn advanced tricking skills as well as more complex and demanding flips. Students who have completed this level will have a large and complex acrobatic movement library with the ability to confidently utilize these skills in the creation of freestyle lines using multiple obstacles.

## CORE 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.

### Palm Flip

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

### 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.

# 6

## TRADITIONAL

### ADVANCED VAULTS, ASCENTS, & DESCENTS

Level 6 Traditional introduces double vaults and advanced ascending and descending skills. The focus in this level is on the covering of distance as efficiently and accurately as possible, both vertically and horizontally. Students who have completed this level have the ability to cover distance quickly, efficiently, and in environments demanding a high degree of accuracy.

## CORE SKILLS

### Double Kong

Two sequential kongs done on a long obstacle or two separate ones. You do not touch the ground in between vaults.

### Bar Stride

A stride 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

An advanced ascending skill where you pop yourself up to the top of a wall from a hip catch position.

### 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 down to the floor or another obstacle.

### Continuous Lache Regrab

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.



## ENVIRONMENT, COMMUNITY, & ADVANCED THEORY

Level 7 is the culmination of the skill based portion of the curriculum. A student who has made it to Level 7 has completed either the Traditional or Freerunning branch. The focus of Level 7 is on the soft skills required of an exceptional athlete ready to take his practice beyond the gym. While the soft skills listed below are addressed in the previous levels, they are now the core principles of Parkour practice. Athletes will learn to apply their physical skills to a large variety of situations and challenges in their journey to becoming a self-sufficient practitioner who is a positive role model in the Parkour community and a potential future leader or elite athlete.

## CORE SKILLS

### 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.

### Community & Leadership

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

### Parkour Vision

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

### 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.

### Style/Creativity

The ability and mindset to create novel movements and/or routes.

# 8

## PERSONAL PROGRESSION & SELF-MASTERY

Level 8 is a very open-ended level. As the final step in the curriculum, it mimics the open-ended nature of the discipline itself. Parkour is ever-changing and always adapting. New movements are created and old ones are improved. When a student obtains this level, they've shown the diligence and persistence necessary to step outside of their comfort zones, and to begin to learn more about themselves. Level 8 is also where your training becomes a little more self-directed. There is no longer a complete list of skills to learn, as new things are being invented or changed on a regular basis. Now is the time to find a more personalized path through Parkour. Bring in new skills to class, or a skill line that you've been working on but can't quite find the flow. The instructor now becomes more of a guide, helping you learn the path that you think is best for you. Level 8 is when you no longer need someone to tell you what you should learn next. It is the final step of the curriculum, but the first step in your solo journey into the world of Parkour.

Speak with your instructor about what it takes to level up!

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# DEVELOPMENTALLY APPROPRIATE GRADING STANDARDS

## TRADITIONAL

### 6-10

#### Momentum assisted:

- Pull Over, Bar Kip Up, Muscle Up

#### No gaps:

- Dive Kong, Kong Pre, Double Kong, Dive Kash

### 11-15

#### Momentum assisted:

- Pull Over, Bar Kip Up, Muscle Up

#### No gaps:

- Dive Kong, Kong Pre, Double Kong, Dive Kash

### 16+

- No assistance
- Gaps

## FREESTYLE

### 6-10

#### Flip into Airbag:

- Front, Side, Back, Flyaway, Front Half, Arabian, B-twist, Rudy, Back Full, A-Twist

#### Slant wall plus mat:

- Wall Spin, Wall Flip

### 11-15

#### Flip off obstacle/entry move:

- Front, Side, Back, Front Half, Arabian, B-twist, Rudy, Back Full, A-Twist, Corkscrew

#### Slant wall plus mat:

- Wall Spin, Wall Flip

#### Mat:

- Flyaway

### 16+

- Flips on flat
- Entry move