

Parkour Skills

Level 1

Floor

1. Forward Roll
2. Side Monkey 1 lap
3. Ground Kong forward/back 1 lap
4. Crab Crawl forward/back 1 lap
5. Army Crawl

Vaults

1. Safety
2. Safety Thief
3. Safety Reverse
4. Kong up
5. Sitting Dash

Jumps

1. Pogo 1 length forwards
2. Single leg hop 1 length each side
3. Single leg lateral hop 1 lap each side
4. Squat Jump x3
5. Broad Jump x1

Wall & Ledge

1. Wall run to cat hang
2. Knee top out
3. Cat leap to wall bar
4. Cat back off wall bar to block
5. Tac Precision (1 step, 2 step)
6. Support roll

Bar & Rail

1. Rail Balance 15 sec (Linear/Lateral)
2. Cat Balance on rail 15 sec
3. Rail Walk 10 ft
4. Swings from dead hang
5. Swing into monkey hang