

Parkour Skills

Level 2

Floor

1. Shoulder Roll from squat forward/backward
2. Side Monkey Gallop 1 lap
3. Diving Ground Kong 1 length
4. Ground Reverse 1 length
5. High Lizard Crawl 1 lap

Vaults

1. Speed
2. Thief
3. Kong
4. Dive Kong
5. Tap Dash
6. Turn vault
7. Reverse

Jumps

1. Box Jump x1
2. Drop Pre x1
3. Broad Jump x2 (on flat)
4. Broad Jump → Stride x2 → Pre (on flat)
5. Broad Jump → Stride → Plyo → Pre (on flat)

Wall & Ledge

1. Wall run to support
2. Safety top out
3. Cat leap to wall
4. Cat back to precision
5. Tac Cat (90, 180)
6. Side Shimmy in cat & support 1 lap

Bar & Rail

1. Rail Balance 30 sec (Linear/Lateral)
2. Cat walk rail 10 ft
3. Rail Precision Jump (2 sec stick)
4. Lache dismount
5. Half turns from tap swing
6. Monkey hang shimmy 1 lap