

Parkour Skills

Level 4

Floor

1. Diving Shoulder Roll on concrete
2. Piked Ground kong 1 length
3. Ground Kash 1 length
4. Low Lizard Crawl 1 lap

Vault

1. Kong front
2. Dash to safety level
3. Dash precision level
4. Dash roll
5. Reverse to safety level
6. Reverse precision level
7. Palm spin to Thief
8. Reverse Palm spin

Jumps

1. Drop Pre → Plyo → Box Jump
2. Triple Jump (on obstacles)
3. Quad Jump (on obstacles)
4. Down stride x2 → Pre
5. Running Stride → Pre
6. Running Pre → Plyo → Pre

Wall & Ledge

1. Wall run pop vault over
2. Kash top out
3. Tac 270 cat to climb up
4. Cat 270 cat to climb up
5. Cat euro step to cat to climb up
6. Side Shimmy gallop in cat & support 1 lap

Bar & Rail

1. Rail precisions/strides at height (2 sec stick)
2. Vault pre to rail (Kong, Thief, Dash)
3. Kip
4. Cast squat on/pike on to standing
5. Long hang pullover
6. Rail Pre bounce back to lache
7. Cat swing mount
8. Pole cat → Cat back
9. Lache to pole cat