

Parkour Level 1

Name								
FLOOR								
Precision								
PK Roll								
L - H.S.								
Bridge								
Cartwheel								
Back Roll								
3 ft. bar precision								
Plyo Pre.								
Stride Pre.								
WALL								
Cat Hang								
Tac								
Wall pop								
F/S Climb-up								
VAULTS								
Kong On								
Kong off								
Safety								
Hurdle								
BARS								
Tap Swing								
3 Re-Grips								
Back Dismount								
Lache								
UKEMI								
Splat								
Crane								
Kong out Landing								
Bounce back								
ACRO								
Dive Roll								