

Parkour Level 3

Name								
FLOOR								
7 step Bar Pre								
Stride to Plyo Pre.								
6ft PK Roll Landing								
WALL								
Cat Climb								
Climb up 6ft Wall								
Pole Cat								
Bounce back to cat								
Cat Back to Cat								
VAULTS								
Dive Kong								
Kong Pre.								
Double Kong								
Reverse								
Kash								
BARS								
180 Tap Swings								
6 step Lache Pre Wood Box								
ACRO								
Back Tuck								
Side Flip								
Fly away								