



ORIGINS PARKOUR





EXAM BLUE BAND

NAME: _____ AGE: _____ DATE: ____ / ____ / ____



JUMPING & BALANCE

	1	2	3	4	5	
 1. RAIL PRE (> BODY LENGTH)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
2. RUNNING PRE (> 1 ^{3/4} BODY LENGTH)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
3. SPLAT, CRANE, BOUNCE (> 1 ^{1/4} BODY)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
4. DIVE ROLL (HIP HEIGHT, HARD FL)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

VAULTS



	1	2	3	4	5	
 1. KONG PRE (BODY LENGTH)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
2. DIVE KONG (> 3/4 BODY LENGTH)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
3. CORNER SLIDE-VAULT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

CLIMBING & SWINGING

	1	2	3	4	5	
 1. CLIMB-UP	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
3. LACHE PRE (DIST > BODY LENGTH)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
4. CAT-BACK, CAT-BACK PRE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

FLOWS

THE APPLICANT WILL HAVE PREPARED TWO LINES CONSISTING OF 3-4 MOVEMENTS THAT DISPLAY THEIR WELL ROUNDED SKILL SET & UNDERSTANDING OF MOVEMENT CONNECTION.

	1	2	3	4	5	
 LINE 1.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
LINE 2.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

RECOMMENDATIONS

- COMPLETED MINIMUM OF 100 PARKOUR CLASSES
- REGULAR ADDITIONAL PRACTICE