

ORIGINS PARKOUR



EXAM GREEN BAND

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

JUMPING & BALANCE



	1	2	3	4	5
1. DOWN PRE RAIL (> 1 ^{1/2} BODY)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. STRIDE PRE (> 1 ^{1/4} BODY LENGTHS)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. THREAD ROLL (approx HIP HT, 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 (LEVEL, BODY LENGTH)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. SLIDE-VAULT PRE (BODY LENGTH)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. RAIL DASH	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



CLIMBING & SWINGING



	1	2	3	4	5
1. DYNO + CLIMB UP	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. CB PRE (WALL > BODY LENGTH)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. POP-CAST LACHE PRE (> 1 ^{1/2} BODY)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. BAR KIP + MOUNT	<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 150-200 PARKOUR CLASSES
- REGULAR ADDITIONAL PRACTICE