

ORIGINS PARKOUR



EXAM ORANGE BAND

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

JUMPING & BALANCE



	1	2	3	4	5
1. PRECISION BOUNCE BACK	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. PRECISION JUMP (BODY LENGTH)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. CRANE LANDING (FLAT WALL)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. RAIL WALK (RAIL TRAINER)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



VAULTS



	1	2	3	4	5
1. KONG-UP-PLYO	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. STEP-VAULT TO STEP-VAULT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. SLIDE VAULT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. WALL-POP (SLANT WALL)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



CLIMBING & SWINGING



	1	2	3	4	5
1. STEP VAULT TO CAT HANG	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. CAT BACK TO CAT (SLANT)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. LACHE CAT (SLANT-WALL)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. CAT HANG PULL-UP	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



RECOMMENDATIONS

- COMPLETED MINIMUM OF 20 PARKOUR CLASSES
- REHEARSED MOVEMENTS AT OPEN PRACTICE TIMES