



INLET PARKOUR HANDBOOK 2ND EDITION:

Name: _____

Introduction to Parkour

Parkour is a mental exercise in which we use physical movements to personify the challenges we face inside of ourselves.

Most people have seen the videos online of men jumping from rooftops seemingly risking their lives for a video on youtube. Most people believe that is what Parkour is and in a way they are correct. However, that is only the tip of one iceberg in a vast ocean of possible training outcomes. Unlike most disciplines or activities there are many different outcomes for the direction in which Parkour will take someone. Everyone who trains will have a different goal, a different reason, and a different path they take to achieve their ultimate outcome.

Your path may not lead you to facing down the giant super cities in a battle waged against your own mortality versus the strength and connection of your own mind and body. Maybe for you the battle you face is just finding a consistent reason to get you working towards something more meaningful. Or connecting with people and the world around you. Perhaps you're afraid to ask for more of yourself because you don't know how capable you really can be. Or maybe you're a parent and you want to see all of these strengths shown in your children but you just haven't found a way to make it happen yet.

Parkour is all about diving underneath the surface and discovering things for yourself. Getting out of your comfort zone in a way that doesn't break you, but rather builds you up.

Être fort pour être utile is the founding philosophy behind everyone's Parkour training. It means, "be strong to be useful" and all it takes to begin Parkour is to live and train under this philosophy.

Contents

Chapter 1: Understanding Your Rank.....	3
Chapter 2: Training Requirements.....	5
Chapter 3: The Point System Explained.....	8
Chapter 4: Mastery Challenges.....	9
Chapter 5: Trampoline Charts.....	13
Chapter 6: Physical Training Charts.....	16
Chapter 7: The Parkour Community.....	22
Chapter 8: Physical Mechanics.....	24

Understanding your rank

Company

In this program there is one proactive level, 4 active levels, and a 6th honorary level.

The proactive level is known as Zulu Company. It is a place for our students who are just beginning to explore the movements of Parkour. These are our younger students who are still learning how to control their bodies and navigate the world around them. Most of the students in Zulu Company are aged between 4 and 7 years old.

The first active level of Parkour training takes place in Alpha Company. Upon promotion from Alpha company students will enter into Bravo Company, then Charlie Company, and finally Delta Company.

The final honorary level is known as Echo Company and is not a program we actually offer classes in, but rather is for students who go on to pursue their Parkour training to a higher level. It can be earned by becoming a leader in your local Parkour community, being a professional competitor, a creator, or making a living by using Parkour skills to do so.

Group Numbers

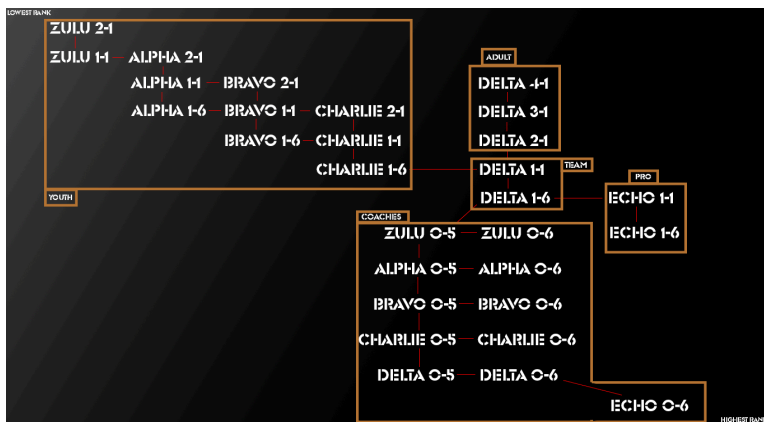
Following each Company is a group number in the format of #-#. (Number. Dash. Number)

The first number is your ranking within your company and is represented like this 1-#. As this

number decreases your ranking in your company goes up. New promotions will usually enter into a group with a ranking like Alpha 2-1. They will then be promoted to Alpha 1-1 before they receive their company promotion. At which point they will be promoted to Bravo 2-1.

The second number is your position within that group and is represented like this #1. There are currently 3 positions that can be assigned to students. The first of those are #1 which simply means company member. The second is #6 which means company captain. The last available title is #-5 which is for temporarily assigned captains when an extra person is needed. As an example, if a student were the captain of Bravo company then their rank would be Bravo 1-6.

Below is a depiction of all the established ranks and the order of progression through the program.



Training Requirements

In Bravo, Charlie, and Delta company there is a basic assessment which all students trying to enter must pass. Laid out below is a chart of skills that every student should have mastered. Delta company must complete both Charlie and Bravo assessments annually and Charlie Company must complete Charlie and Bravo assessments annually. Bravo Company needs only to complete Bravo assessment. Completing assessment challenges above your rank will earn you points.

Bravo Assessment

Category	Skill		Skill	
Attendance	48 Points Earned			
Tramp	Tramp Chart 2			
Bar	Tap swings		False grip	
	Penny drop		Front Support	
	Switch grip			
Floor	Scoot		Forward roll	
	Master Scoot		Gather step	
	Kartwheel		Pre load	
	Spider		Shoulder Roll	
Strength	10 Push Ups 30s		Quadrupedal movement	
	5 burpees 30s		15 Full squats 30s	
Vault	Kong up		Step dash	
	Safety vault		Ground kong	

	Speed vault		Coffee grinder	
	Two handed vault		Diddy Kong	
Endurance	Mile Run (10m)		Run/ Sprint	
Balance	1 leg 30 seconds			
Jump	6 foot precision		Plyos	
	Box Jump (Hips)		Strides	
Wall	Euro step		Tic tac	
	Tac		Bounce back	

Charlie Assessment

Category	Skill		Skill	
Attendance	96 Points Earned			
Tramp	Tramp Chart 3		Kill Bounce	
	Double Bounce		Front 3/4	
	Side 1/2		Back Pullover	
Bar	Toe Shoot		Cast up	
	Pullover		Lache pre	
	Under Bar			
Floor	Butterfly Kick		Height drop roll	
Strength	20 pushups 1m		1 chin up	
	25 Full squat 1m		1 pull up	
	Plank 30s		Hollow Hold 30s	
Endurance	Mile Run (9m)			
Vault	Kong		Wolf turn	

	Dash			
Balance	Standing Rail (10s)			
Jump	7 foot standing pre		Ghost steps	
	Box Jump (Belly B.)		Depth jumps	
Wall	Cat grab			
	Bounce back to cat			

Delta Assessment

Category	Skill	Skill	
Attendance	192 Points earned		
Tramp	Tramp chart 4		
Bar	Soul circle	Start swing	
Floor	Backflip	Sideflip	
	Front Flip		
Strength	35 pushups (1m)	5 chin ups	
	Pistol Squats	3 pull ups	
	Plank (1m)	Straight legs to bar	
Endurance	Mile Run (8m)		
Vault	Dive Kong	Kash 4ft	
	Reverse vault	Turn vault	
Balance	Crooked Rail Walk	Rail Walk +Turn	
Jump	8 foot standing pre	Box jump (Sternum)	
Wall	10 foot wall run	Climb up	

The Point System Explained

In the basic assessment you'll notice that the first category in each level is for attendance. For Bravo Company the amount of points needed to be earned is 48. For Charlie Company it is 96. For Delta Company it is 192. These points can be earned by completing challenges in the basic assessment above your level, by completing the Mastery Challenges in the next chapter or by increasing attendance in class.

- 1 hour of class = 1 point.
- 1 local Jam = 3 points.
- 1 foreign Jam = 5 points.
- Each Mastery Challenge = 1 point.
- Each day of special weather training = 1 point
- Each skill above your assessment level = 1 point

Coaches will sign off on mastery challenges and jam attendance, while class attendance will be tracked through the wellness living software.

A mastery challenge is only to be signed off on when the challenge in question is mastered. A coach may ask to see the skill multiple times in a row or within specific restrictions to ensure that the skill is mastered, not just complete. If a skill's mastery is not unanimously agreed upon by the coaches that the student has a reasonable amount of physical and mental understanding of the movement then the skill will not be checked off.

Mastery Challenges

Category	Skill	Skill	
Attendance	Attend Class	Local Jam	
	Coldest Day	Foreign Jam	
	Hottest Day	Snow day	
	Rain Day		
Bar	Kip	180 dive kip	
	soul circle giant	Polecat	
	giant	Flyaway	
	front hip circle	castaway	
	back hip circle	swing cast	
	Hand Rip	Flyaway Full	
Tramp	tramp chart #5	cody	
	tramp chart #6	4ft tramp wall	
	Zack		
Floor	Back tuck	B-Twist	
	Front Tuck	A-Twist	
	Side Tuck	Aerial	
	Back Full	360 Dive Roll	
	Side Full	Webster Front	
	Front Full	Webster Side	
	Rodeo	Jonah	
	Rudy	Inward 360 Roll	
	Randy	Tunnel Front	

	Adolf	Tunnel Side	
	Flip Pre (2ft ^)	Kick The Moon	
	cork	Back Layout	
	cheat gainer	Front Layout	
	swing gainer	Loser	
	Gainer	Tornado Kick	
	Compasso	540 Kick	
	arabian	Russian Front	
	front half	Valdez	
	back half	Loser Side	
	side half	Flyaway side	
	Double Front	Roll Bomb	
	Double Back	Front handspring	
	Back Handspring	Raiz	
	TD Raiz	360 Dive Kart	
	360 Back Handspring	Gumbi	
	Illusion	Vortex side	
	Vortex Back	Vortex Front	
	Swipe	Kart Side	
Wall	wall flip	Wall Full	
	Palm Flip	Devil drop (side)	
	Gaet Flip	Buddha Drop (front)	
	Ew Gainer	Hang Cast	
	Trap Door	Wall front	
	gargoyle Gainer	Wall side	
	Wall arabian	Wall rodeo	

	Wall Spin	Ginger Flip	
	Wall Flare		
Strength	Muscle up	2 minute plank	
	Handstand (30s)	5 minute plank	
	½ mile crawl	25 chin ups	
	10 pull ups	50 Pushups (1m)	
Vault	Double Kong	Kong Gainer	
	Upward Kash	Kong Side	
	reverse kong	Dash Bomb	
	Kong Front	Dash Side	
	Gate Vault		
Endurance	Mile Run (7m)	Mile Run (5m)	
	Mile Run (6m)	40yd Dash (5s)	
Jump	Box Jump (Chin)	Stand Pre (10ft)	
	Box Jump (Eye)	Stand Pre (10.5ft)	
	Box Jump (Head)	Stand Pre (11ft)	
	Stand Pre (9.5ft)		
Valley	Curved Wall Plyo	Trinity of Strides	
	Curved Wall Stride	Pit Cat	
	Deyvid's Dive Kong	Pit Climbup	
	Dirt Pit Gap	Jump Crossing	
	Franks Dub Kong	Upward standing pre	
Freehold	Squirrel tree pre	Crooked Lache	
	3rd rail	Mason's Stride	
	4th rail	Logan's standing pre	
	Swing Set precision	Mason's Lache	

[illegible]

Trampoline Charts

Tramp Chart 1			
Correct Bouncing		1/2 Twist Jump (L)(R)	
Pike Jump		3 Claps (L)(R)	
Check Bounce		Knee Bouncing	
Spread Jump		Front Bouncing	
Tuck Jump		Back Bouncing	
Arch Jump		Knees to Feet	
Straddle Jump		Hand & Knee Bouncing	
Split Jump		Seat Bouncing	
Tramp Chart 2			
Seat Drop		Flatback to Feet	
Front Drop		Knees to Seat	
Back Drop		Seat to Knees	
Flatback Drop		Hands & Knees to Seat	
Knees to Front		Seat to Hands & Knees	
Hands & Knees to Feet		Hands & Knees 1/2 Twist to Back	
Hands & Knees to Front		Seat 1/2 Twist to Hands & Knees	
Seat to Feet		Seat 1/2 Twist to Front	
Seat to Back		Front 1/2 Twist to Seat	
Seat to Flatback		Front 1/2 Twist to Back	
Front to Feet		Back 1/2 Twist to Hands & Knees	
Back to Feet		Back 1/2 Twist to Front	
Tramp Chart 3			

Full Twisting Jump (L)(R)		Hands & Knees 1/2 Twist to Feet	
1/2 Twist to Front		Seat 1/2 Twist to Seat (Swivel Hips)	
1/2 Twist to Seat		Seat 1/2 Twist to Back	
1/2 Twist to Back		Front to Seat	
Knees 1/2 Twist to Feet		Front to Back	
Knees 1/2 Twist to Seat		Hands & Knees 1/2 Turntable	
Knees 1/2 Twist to Back		Hands & Knees 1/2 Turntable to Front	
Hands & Knees to Seat		1/2 Turntable	
Hands & Knees to Back		Back to Front	
Seat 1/2 Twist to Feet		Seat Drop Full Twist to Seat	
Front 1/2 Twist to Feet		Front Drop Full Twist to Front	
Back 1/2 Twist to Feet		Back Drop Full Twist to Back	
Seat to Front			
Tramp Chart 4			
Seat Drop 1/2 Twist to Back		Seat Full Twist to Feet	
Back Drop 1/2 Twist to Seat		Front Full Twist to Feet	
Back Drop 1/2 Twist to Back (Cradle)		Back Full Twist to Feet	
Full Twisting Jump with spread at 180		Seat 1-1/2 Twist to Front	
1-1/2 Twisting Jump (L)(R)		Front 1-1/2 Twist to Seat	
5 Claps		Front 1-1/2 Twist to Back	
1/2 Turntable 1/2 Twist		Back 1-1/2 Twist to Front	

Full Twist to Front		Front 1/2 Twist to Front	
Full Twist to Back			
Tramp Chart 5			
Seat Full Twist to Front		1-1/2 Twist to Seat	
Front Full Twist to Seat		1-1/2 Twist to Back	
Back Full Twist to Front		1-1/2 Twist to Front	
Front Full Twist to Back		Double Twisting Jump (L)(R)	
Turntable		Seat Double Twist to Seat	
Seat 1-1/2 Twist to Feet		Back Double Twist to Back	
Back 1-1/2 Twist to Feet		Front Double Twist to Front	
Front 1-1/2 Twist to Feet			
Tramp Chart 6			
Seat 1-1/2 Twist to Seat		1-1/2 Turntable	
Seat 1-1/2 Twist to Back		Double Twist Jump Spread at 360	
Back 1-1/2 Twist to Seat		Double Twist to Seat	
Back 1-1/2 Twist to Back		Double Twist to Back	
Front 1-1/2 Twist to Front		Double Twist to Front	
Full Turntable 1/2 Twist			

Calisthenic Charts

The Calisthenics portion of your training is the biggest key element that will help you to both progress in skill as well as prevent injury. The greatest parkour athletes didn't get strong as a result of their performance. Their performance is the result of their strength.

Do 2-3 exercises per day. Perform anywhere from 8-15 reps of each exercise for 2-4 sets. If you cannot perform 8-15 repetitions per set, then scale the exercise back to an easier variation. If you can easily do more than 12-15 reps, scale the exercise up to a more difficult variation. Do not spend more than 20 minutes on the workout.

Abs			
Bear Planks		Side plank Hip abduction	
Bicycle Crunches		Sit up to twists	
Bird Dog Crunches		Sit ups	
Crunches		Standing Oblique Crunches	
Dead Bugs		Three Limb Plank	
Decline Plank		Two Limb Plank	
Forearm side plank twist		V-Sit	
Hanging Straight Leg Raise		V-Ups	
Hollow Hold			
L Pull Up			
L Sit			

Lateral Plank walks			
Lying Knee Tuck			
Mountain Climbers			
Plank			
Plank Hops			
Plank Taps			
Plank Push Ups			
Plank Rotations			
Side plank Dips			
Arms			
Assisted One Arm Pull Up		Kneeling Push Up	
Assisted Pull Up Resistance Band		Muscle Up	
Bent Knee Inverted Row		One Handed Push Up	
Chest to Bar Pull Up		Paralette Push Up	
Chest to Wall Handstand Push Up		Pike Push Up	
Chin Up		Planche Push Up	
Climb Up		Psuedo One Hand Pull Up	
Close Grip Pike Push Up		Psuedo Planche Push Up	
Close Grip Pull Up		Pull Up	
Decline Pike Push Up		Pull Up Negatives	
Decline Push Up		Push Up	

Diamond Pushup		Single leg walkout	
Dips		Tricep Pushup	
Dynamic Push UP		Type Writer Pull Up	
Foot Assisted Pull Up		Uneven Push Up	
Free Standing Handstand Push Up		Wall Handstand	
Handstand push ups		Wall Pull	
Incline Pike Push Up		Wall Push Up	
Incline Push Up		Weighted Pull Up	
Inverted Row		Wide Grip Pull Up	
Kneeling Pike Push Up		Wide Grip Pushup	
Legs			
Archer Squat		Kneeling Squat	
Ball Leg Curl		Lateral Leg Raise	
Box Jumps		Lateral Lunge	
Box Squat		Marching Glute Bridge	
Bulgarian Split Squat		One Leg Balance Taps	
Calve raises		One Leg Box Squat	
Close Stance Squat		Pistol Squat	
Cossack Squat		Plie squat pulse	
Curtsy Lunge w/ Side Kick		Reverse Lunge	
Deficit Reverse Lunge		Side Kicks	
Donkey Kicks		Side step Squats	
Donkey Whips		Single leg Dead lift	

Feet Elevated Glute Bridge		Single Leg Glute Bridge	
Fire Hydrants		Single Leg Squat Kickback	
Forward Lunge		Single Leg Reach and Jumps	
Froggers		Skater Jump	
Full Depth Supported Squat		Split Squat	
Glute Bridge		Squat Jacks	
Half Squat		Squats	
High Knees		Step Up	
Hip Thrust		Straight Bridge	
Jump Lunges		Straight Leg Raise	
Jump Squats		Wall Sit	
Full Body			
Burpees			
Dragon Flag Negatives			
Front Lever			
Human Flag			
Back Lever			
Dragon Flag Negatives			

The Parkour Community

Parkour didn't always have gyms and coaches. We all first began our training outdoors with some like minded friends. The world of Parkour has changed a lot since then, but we never lost touch with our roots. To this day the Parkour Community still offers some of the most accessible means to train at no cost to you. Almost every community hosts a yearly Jam and the bigger communities even have events weekly. Below is a list of all the events to look out for each year and their timeline as well as contact information for the leaders of the Parkour Communities near us.

Yearly Jams

- ☐ Vernal Equinox Jam.....Weekend of March 20
- ☐ Philly Spring Jam.....Mid May
- ☐ Move NYC JamLast weekend in May
- ☐ Hubbable Jam.....First weekend in June
- ☐ Summer Solstice Jam.....Weekend of June 20
- ☐ Philly NAT Jam.....Mid July
- ☐ Autumnal Equinox Jam.....Weekend of September 20
- ☐ Join or Die Jam.....Late October
- ☐ Philly Oktoberfest Jam.....Last weekend of October
- ☐ November Princeton Jam...First weekend of November
- ☐ Winter Solstice Jam.....Weekend of December 20

Community Sessions

Philadelphia's Parkour Community hosts weekly training sessions from the spring to the fall all around the city.

Contact Liam Mckay through Instagram to get all information on what's going on in philly **@liam.mckaypk**

Parkour NYC has regular local Jams and the biggest community of Parkour athletes near us. There is always something going on no matter what day you show up.

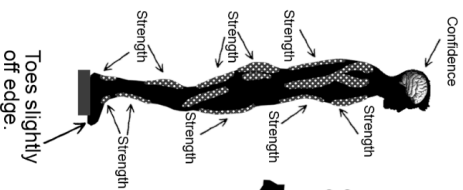
Contact Bryce Clarke via email to get in touch with the NYC community. bryce.p.clarke@gmail.com

Physical Mechanics of the Level Standing Precision

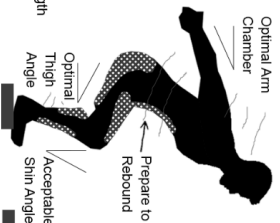
Goals:

1. Strength
2. Technique ← HOW IT WORKS BEST
3. Confidence
4. Safety

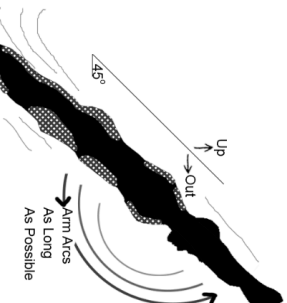
- Arms Chamber Back
- Weight Drops **FAST**
- HIPS** Hinge - NOT Spine
- Shins Stay Nearly Vertical



FAST DROP



- Tips:
- Think about keeping hips behind heels when dropping weight.
 - Pay attention to what bends when dropping - Hips or spine.



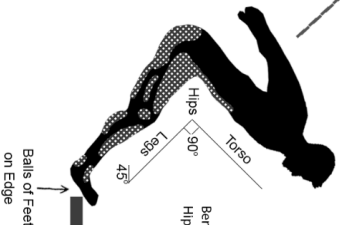
- Keep Arms Straight
- Stand Up Explosively
- Push Through Glutes, Quads, and Calves.
- Keep Core Tight.

- Tips:
- Make yourself as long as possible as fast as you can.
 - ALWAYS** spot your target.

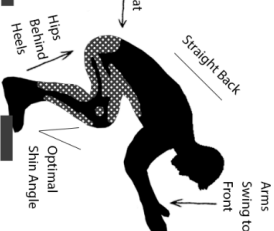


- Begin Swinging Arms Back
- Tuck Legs in
- FRONT** of Hips
- Do **NOT** Kick Your Heels Behind You

- Extend Legs to Target
- Activate Glute-Hamstring Chain
- Use **MUSCLES** to Decelerate As Gently As Possible (**NOT** Stomping Bones)



- Arms Naturally Come Forward
- Back Straight - Bending at **HIPS**
- Hips Go Backward
- Chest Goes Down
- Allow Ankles to Drop and Settle After Impact.



- Tips:
- NEVER** let your knees pass ahead of your feet.

- Tips:
- Vertical tuck jumps on flat ground help train the motion.
 - Tightening core helps to avoid butt kicking.

*Elements of this model change significantly during non-level jumps.

