

Michigan Parkour Club -- Basic Skills

Club meets Tue/Thur 5PM, Sun 4PM, at Palmer Field rails

Balancing

- Stand on a rail (parallel) for ten seconds with each foot
- Walk down and back a rail
- Stand on a rail (perpendicular) for ten seconds
- Turn 360 degrees on a rail -- both directions

Catleaps

- Hang in cat position for 10 seconds
- Splat against a wall over a gap
- Catleap over a gap
- Catback over a gap
- Cat to cat

Climbing

- Shimmy along a wall and back
- Sloth climb up a rail
- Spider climb six feet up and down
- Climb up a wall from a hanging position
- Climb a pole or tree with no branches

Jumping

- Jump from ledge to ledge over a gap and stick the landing
- Jump from rail to rail and back and stick the landings
- Run and jump over a gap and stick the landing
- Run up a wall

Vaulting

- Step vault (safety vault)
- Lazy vault
- Monkey vault on top of obstacle
- Kong vault over obstacle
- Top-out
- Turn vault
- Dash vault

Swinging

- Lache between bars