



Skills, Strength & Knowledge required for Water

Skill Requirements:

- Rolls
 - Dive roll over 2ft Obstacle onto solid Floor
 - 2ft drop into back roll on floor
 - Dive summersault over chest high foam pole (onto 8" crash mat)
- List of Vaults (obstacle 3'4")
 - Step Vault, Speed Vault, Turn & Turn 360 Vault, Monkey Plant, Kong Vault, Kash Vault, Dash Vault, Reverse Vault, Lazy & Thief Vault.
- Walls and Climbing
 - Wall Run (ages 6-11 8'6"; Ages 12+ 9'6")
 - Cat Hang Traversal
 - Tac over 4ft gap
 - 5' jump to cat hang, and then 5' catleap to precision landing.
 - Level 2 Climb up (Level 1 for half a mark)
- Brachiating (swinging and bar movements)
 - Underbar, Reverse Underbar, and Corner underbar
 - Barflip forward and backwards
 - Hip Catch
 - Laché out, Laché to bar

Fitness requirements:

- 6 Proper demon dips (full range of motion, hips raised)
- 10 pull-ups (chest to bar from hanging)
- 2 min elbow plank (back strait)
- 30sec Plyo jumps, floor to obstacle that is knee height minimum, must complete minimum 15 jumps (must be done safely)
- 5 Ball passes with Medicine Ball

Medicine Wheel aspects to know:

- **East- How do you use spirit in Parkour?**
- **South- How do you use your emotions while training?**
- **West- What function does your body play while moving in the environment?**
- **North- What does your Mind do to help you to train in Parkour.**

