

SYLLABUS

The whole system is divided into three main categories depending on body type and progress of students. Students are advised to listen and practice whatever teacher teaches them.

Beginners

1. Parkour Roll
2. Dive Roll
3. Running Gap Jump
4. Cat Pass
5. Safety Vault
6. Speed Vault
7. Kong Vault
8. Dash Vault
9. Lazy Vault
10. Thief Vault
11. Reverse Vault
12. Precision Jump
13. Cartwheel
14. Round off
15. Cat Leap or Cat Grab
16. Gate Vault
17. Prince of Persia or Cat Grab Jump Back
18. Handstand
19. Butterfly Kick

Intermediate

1. **Kash Vault**
2. **Double Kong Vault**
3. **Wall Spin**
4. **Aerial**
5. **Macaco (All Variations)**
6. **Back Hand Spring**
7. **Back Tuck**
8. **Kip Up (All Variations)**
9. **Front Hand Spring**
10. **Webster**
11. **Side Flip**
12. **Front Flip**
13. **One Step Wall Flip**

Advanced

1. **Swing Gainer**
2. **Two Step Wall Flip**
3. **Combo's Roundoff Back Flip**
4. **Combo's Roundoff Back Hand Spring Back Flip**
5. **Chuck up Back Variations**
6. **Palm Flip**
7. **Ginger Flip**
8. **Palm Spin Gainer**
9. **Kick The Moon / Cheat Gainer**
10. **Arabian Back Flip**
11. **Wall Flip 360**
12. **Cork Screw**
13. **Back Full**
14. **Roundoff Full**
15. **Wall Front**
16. **Swing Front**
17. **Angel Drop**
18. **Buddha Drop**
19. **Devil Drop**