

BEGINNING PARKOUR

If your child likes high energy running, jumping, climbing, vaulting, and rolling on mats, this class is for him/her! Ages 5 and Up.



- Kong Up
- Safety Vault
- Speed Vault
- Front Flip on Trampoline
- Reverse Vault Dismount
- Palm Spin
- Strides
- 2 Step Wallrun
- Dive Roll
- Precision Jump
- Crane
- Kong Over Small Block/Black Mat



619.449.7717
www.cgcchamps.com

INTERMEDIATE PARKOUR

If your child likes high energy running, jumping, climbing, vaulting, and rolling on mats, this class is for him/her! After you master skills in Beginning level, you can advance to Intermediate.



Front Flip Off Block

Webster

Kong

Reverse Vault

Speed Vault

Tic Tac

Cat 180

Wall Spin

Dive Roll Over Block

Kong Up 2 Stack

Kong Over Next Level

Backflip

Bar: Pullover

Bar: Swing 180

Bar: Lache

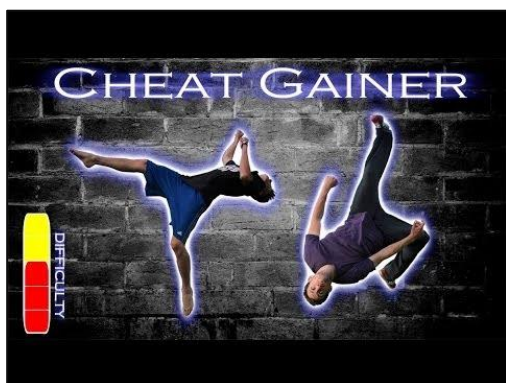


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ADVANCED PARKOUR

If your child likes high energy running, jumping, climbing, vaulting, and rolling on mats, this class is for him/her!



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Wallrun 270
Dash
Thief Vault
Front 180/360
Double Kong
Kong Precision
Precision 180/360
Wall Flip
Cheat Gainer
Side Flip
Front Handspring
Backflip 360
Gainer
Beam Precision
Tic Tac Precision
Precision Over Gap
1 Step Multi-Block Strides
Bar: Fly Away
Bar: Lache Precision
Bar: Mount
Bar: Toeshoot