

# 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

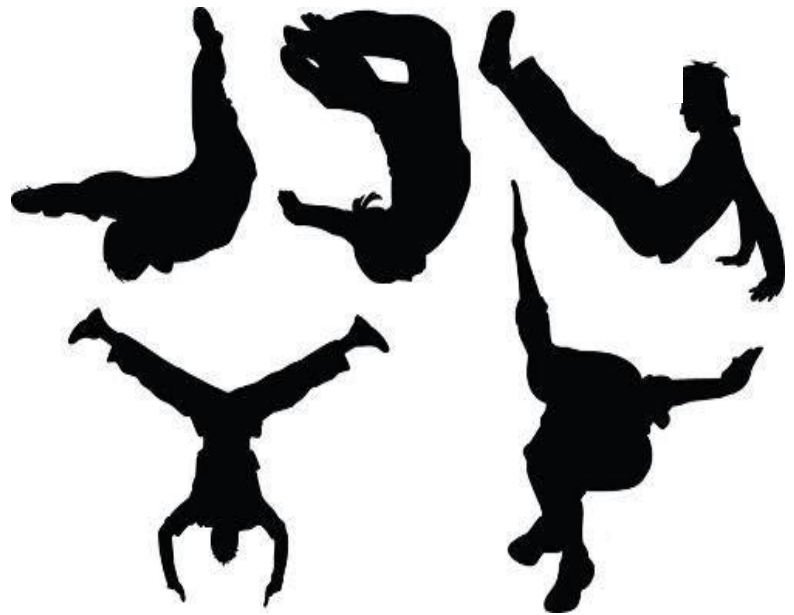
Kong Over Next Level

Backflip

Bar: Pullover

Bar: Swing 180

Bar: Lache



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