

# WRISTBAND ROADMAP



PARKOUR  
ACADEMY

## WHITE



**Fresh, clean slate. Ready to absorb knowledge with an open-mind and willing attitude.**

Begin at the beginning with a focus on safety, building strength, balance, and full body awareness while applying the fundamental movements of Parkour.

## ORANGE



**Spark of inspiration. Igniting what will soon be a bright passion for movement.**

Students make the transition to more technically challenging Parkour movements, with a focus on developing the basic vaults

## YELLOW



**The increased light of information that only continues with practice and dedication.**

Students at this level will now begin to explore more advanced Parkour vaults, and work on developing bar movements.

## GREEN



**Growth from beginner to intermediate.**

Working now on smooth transitions and speed of movements, including strength based climb ups

## BLUE



**Wave of increased knowledge in the athlete's understanding.**

Students at this level Advanced Parkour movements are introduced, along with an introduction to basic flips and tricks utilized in Freerunning.

## RED



**Signifies the strength of physical abilities as the student moves towards mastery of movements.**

Students will begin to expand their movement vocabulary by integrating new movements including more advanced somersaults and tricks.

## PURPLE



**Signifies "Dawn" as the student transitions from intermediate to advanced.**

Having mastered the principles of safety and presence, Purple level students dedicate themselves to the most advanced Freerunning skills, identifying their "lines" and executing competition level runs with high levels of difficulty, flow and creativity.

## BLACK



**The search for more profound skills and self-mastery, with the goal of embodying the Parkour motto, "Be Strong to Be Useful".**

Students accomplish competition level movements as well as an understanding of how to link those movements to a high level of competency.