

Parkour Skills Matrix

Jumping	Vaulting	Climbing/Mounting	Landing/Rolling	Balance	Swinging	Running/Covering ground
Standing precision jump	Step vault	Traversing Cat Hang Traversing Dead Hang Traversing	Straight landing	Balancing on one leg	Lache catch bar to bar	Jogging
Running precision jump	Seat turn	Ascending	Slap Out landing	Rail balance	Lache precision	Sprinting
Plyometric jump	Lazy vault	Descending	Monkey gallop landing	Rail balance forwards	Switch	Measured approach
Strides	Two-handed vault	Assisted climb up	Gymnastics forward roll	Rail balance backwards	Lache armjump	Long distance
Rail precision jump	Catpass	Top out	Parkour roll (left shoulder)	Rail balance sideways	Underbar	Quadrupedal movement (all directions)
Rail to rail precision jump	Speed vault	Climb up	Parkour roll (right shoulder)	Cat balance	360 Underbar	Monkey gallop
Side on Precision Jump	Thief vault	Dyno	Gymnastics dive roll	Half turn on rail	Pole swing	Crab walk
Standing Arm jump	Assisted Pass-through	Catpass to feet	Parkour dive roll	Full turn on rail	Catpass to feet on bar	
Running Arm Jump	Pass-through	Palm-spin to feet	Parkour roll on landing from height	Duck walk balance	Up Hip Circle	
Tic-tac precision	Kash Vault	Wall run	Thread roll	Handstand	Belly Up to bar	
Tic-tac Arm Jump	Reverse vault	180 Arm Jump			Straddle undershoot	

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	Dash vault	180 Arm Jump to precision			Straddle undershoot to precision	
	Pop vault					
	Gate Vault					
	Catpass to feet					
	Dive Catpass					
	Double Catpass					