



LEVEL 7

SKILL REFERENCE SHEET



ENVIRONMENT,
COMMUNITY, &
ADVANCED THEORY

LEVEL 7

Back to BreathePK



Environmental awareness

The ability to accurately assess surfaces, obstacles and the surrounding environment for potential dangers.

Mental Management

The ability to competently deal with the psychological aspects of a route or challenge, such as fear, commitment, and self efficacy.

Parkour vision

The ability to create or find a developmentally appropriate route or challenge for one's self.

Risk Management

The ability to accurately assess one's own abilities in relation to a route or challenge.

Style/Creativity

The ability and mindset to create novel movements and/or routes.

Flow

The ability to move fluidly using any given movement or series of movements at a consistent rhythm and/or speed.

Physical Literacy

The ability to move with competence and confidence in wide variety of physical challenges within the context of parkour.

Progression

The ability to apply an appropriate progression strategy to a novel route or challenge.

Ukemi

The ability to react properly to unexpected slips, trips and falls when attempting a route or challenge.

Speed/Efficiency

The ability and mindset to move through a route as quickly and efficiently as possible.

Community & Leadership

The abilities and characteristics required to be a positive role model and representative of the community and the sport of parkour.