



LEVEL 8

SKILL REFERENCE SHEET



PERSONAL
PROGRESSION
& SELF-MASTERY

LEVEL 8



Back to BreathePK

Level 8 is a very open-ended level. As the final step in the curriculum, it mimics the open-ended nature of the discipline itself. Parkour is ever-changing and always adapting. New movements are created and old ones are improved. When a student obtains this level, they've shown the diligence and persistence necessary to step outside of their comfort zones, and to begin to learn more about themselves. Level 8 is also where your training becomes a little more self-directed. There is no longer a complete list of skills to learn, as new things are being invented or changed on a regular basis. Now is the time to find a more personalized path through Parkour. Bring in new skills to class, or a skill line that you've been working on but can't quite find the flow. The instructor now becomes more of a guide, helping you learn the path that you think is best for you. Level 8 is when you no longer need someone to tell you what you should learn next. It is the final step of the curriculum, but the first step in your solo journey into the world of Parkour.

**SPEAK WITH YOUR INSTRUCTOR
ABOUT WHAT IT TAKES TO LEVEL UP!**