



APRIL

SPRING IS SPRUNG

Put parkour poetry in motion.

As you learn individual parkour skills and moves you are building a vocabulary of movements to put into a run similar to words in a sentence. April is national poetry month. We all speak and move in unique ways which is what is so amazing and relatable to parkour, free running and poetry. As poetry has many types of structures so does the world we live in. Obstacles and people come in many shapes and sizes and we find our own rhythm up, over and through them. Physical obstacles can be a metaphor symbolizing anything in life that stands in your way. Overcome obstacles springing yourself into action.

FOCUS OF THE MONTH

Full runs over multiple structures and types of obstacle. Move yourself through multiple environments with easy and creativity.

SKILL TO MASTER

Don't let a wall stop you from reaching your goals and dreams. Wall runs and jumping skills like tuck jumps, strides, precisions and plyos to turn your legs into springs.

FUN GAMES

Parkour Scrabble is a fun game to use to work on movement vocabulary in a random poetic and motivational way. Be the first to collect all the movements to spell out parkour and start over and build more skills until everyone has completed the spelling skill challenge.

MOVE LIKE A PHYSICAL POET

Think about the mental aspects of parkour and how it speaks to you. Sometimes our actions can speak more than words. Doing something is often much more impacting than saying something. What can you do to inspire others with out speaking any words? Doing something nice for someone with out regards to recognition for your actions is admirable.



PARKOUR
ACADEMY