



# MAY

## MAY THE FORCES BE WITH YOU

Explore new territory together.

In may we celebrate Armed Forces Day, Memorial Day, Star Wars and Space days. Lewis and Clark even started their exploration in May. Training parkour will help you go places you have never been able to go before physically and mentally.

### FOCUS OF THE MONTH

Overall Strength. Soar to new heights like the Air Force on tall walls. Strengthen your arms by practicing Army crawls, pullups and rope climbs. Dive into vaults and rolls like the Navy and Coast Guard. Be quick, lite and nimble on your feet with strides like the Marines.

### FUN GAMES

The Cone Collection game is a fun way to do an explorative search as a team and get moving while trying to find as many cones as fast as possible. Navy Seal and Jedi Training day: team obstacles courses and games with army crawls, walls and rope climbs.

### SKILL TO MASTER

Army Crawls, (Quadra pedal movements, push ups, bear crawls and burpees for younger ages still building strength) and rope climbs.

### RESPECT, EXPLORE, AND APPRECIATE!

Pay your respects to those who have served in the military by writing a letter to someone in the armed forces. Find someone to write to on the website [www.amillionthanks.org](http://www.amillionthanks.org) Wear clothes with USA military, flags, space or Star Wars to celebrate exploration and appreciation. Create a list of small things that are red white and blue so you can have a scavenger hunt with your friends or family on Memorial Day. As you explore and ask people for items, tell them the colors are to celebrate the soldiers who have served. Maybe even make a list of item that could be donated.



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