

Parkour/Freerunning Competency Assessment (**For Assessor Use Only**)

The Parkour/Freerunning Competency Assessment is comprised of 15 competency areas, consisting of 41 elements. Each element carries a potential maximum amount of marks for completion. Some of the marks are assessed by the following elements Hesitation (H), Quality (Q) & Consistency (C) and some over a number of attempts (1, 2, 3, 4, 5). 100 marks are available and 90 marks are required to pass the Parkour/Freerunning Competency Assessment.

Competence Area:												Comments		
Vaults (8 Marks)	<b>Vaults (Pasement)</b> - Combinations of fundamental passing movements, in various areas, and use of these movements to clear obstacles of differing heights and design. Movements will be tested on both sides.													
	1	Turn Vault (1)						Left	Right	M	RA			
	2	Pop Vault (1)						Left	Right	M	RA			
	3	Cat-Pass (1)						Left	Right	M	RA			
	4	Dash Vault (1)						Left	Right	M	RA			
	<b>Vaults (Pasement)</b> - Vault-to-Precision and Vault-to-Arm Jump													
	5	Vault to Precision (2)		Q C	Q C	Q C	Q C	Q C	Q C	H	Q	C	M	RA
6	Vault to Arm Jump (2)		Q C	Q C	Q C	Q C	Q C	Q C	H	Q	C	M	RA	
Rolls (8 Marks)	<b>Rolls (Roulade)</b> - One drop and roll, one dive roll on both left and right shoulders													
	7	Drop Roll - Left (2)	1	2	3	4	5					M	RA	
	8	Drop Roll - Right (2)	1	2	3	4	5					M	RA	
	9	Dive Roll - Left (2)	1	2	3	4	5					M	RA	
	10	Dive Roll - Right (2)	1	2	3	4	5					M	RA	
Arm Jmp (12 Marks)	<b>Arm Jump (Saut de Bras)</b> - Standing, running, level and 180 arm jump to arm jump or to precision													
	11	Standing Arm Jump (2)		Q C	Q C	Q C	Q C	Q C	Q C	H	Q	C	M	RA
	12	Standing Level Arm Jump (2)		Q C	Q C	Q C	Q C	Q C	Q C	H	Q	C	M	RA
	13	Running Arm Jump - Left (2)		Q C	Q C	Q C	Q C	Q C	Q C	H	Q	C	M	RA
	14	Running Arm Jump - Right (2)		Q C	Q C	Q C	Q C	Q C	Q C	H	Q	C	M	RA
	15	Arm Jump - Left 180 (2)		Q C	Q C	Q C	Q C	Q C	Q C	H	Q	C	M	RA
	16	Arm Jump - Right 180 (2)		Q C	Q C	Q C	Q C	Q C	Q C	H	Q	C	M	RA

Competence Area:													Comments
Swings (6 Marks)	<b>Swings (Lache)</b> - Swings to precision and to arm jump												
	17	Swing to Precision (3)	Q C	Q C	Q C	Q C	Q C	H	Q	C	M	RA	
	18	Swing to Arm Jump (3)	Q C	Q C	Q C	Q C	Q C	H	Q	C	M	RA	
Climbing (6 Marks)	<b>Climbing (Grimper)</b> - Climbing routes in a built or natural environment.												
	19	Climb -1 (3)	Q C	Q C	Q C	Q C	Q C	H	Q	C	M	RA	
	20	Climb -2 (3)	Q C	Q C	Q C	Q C	Q C	H	Q	C	M	RA	
Jumping (12 Marks)	<b>Jumping (Saut de Détente)</b> - Bilateral & Unilateral must demonstrate competent take-off with each leg												
	21	Jumping - Standing (2)	Q C	Q C	Q C	Q C	Q C	H	Q	C	M	RA	
	22	Jumping - Standing Variation (2)	Q C	Q C	Q C	Q C	Q C	H	Q	C	M	RA	
	23	Jumping - Running Left (2)	Q C	Q C	Q C	Q C	Q C	H	Q	C	M	RA	
	24	Jumping - Running Right (2)	Q C	Q C	Q C	Q C	Q C	H	Q	C	M	RA	
	<b>Precision Jumping (Saut de Precision)</b> - Jumps with accurate landings, must demonstrate competent take-off with each leg												
	25	Precision - Level (2)	Q C	Q C	Q C	Q C	Q C	H	Q	C	M	RA	
26	Precision - Drop (2)	Q C	Q C	Q C	Q C	Q C	H	Q	C	M	RA		
Balance (6 Marks)	<b>Balance (équilibre)</b> - Bar balance walking in line, crouching in line, turning, balancing perpendicular, crouching perpendicular & balance at height.												
	27	Balance - Dynamic Bar Balance (4)	4/5	2/3	1	0					M	RA	
	28	Balance - Bar Walking at Height (2)	4/5	2/3	1	0					M	RA	
Routes (9 Marks)	<b>Routes: Speed and Flow</b> - Competence with routes comprising fundamental movement areas. Both speed routes and flow routes will be utilised.												
	29	Route - Flow (3)	1	2	3						M	RA	
	30	Route - Speed (3)	1	2	3						M	RA	
	31	Route - Speed or Flow (3)	1	2	3						M	RA	
Wall Movements (8 Marks)	<b>Wall Movements (passe-muraille)</b> - Competence with Wall Runs and Tic-Tac movements, pushing from each leg												
	32	Tic-Tac - Left (2)	Q C	Q C	Q C	Q C	Q C	H	Q	C	M	RA	
	33	Tic-Tac - Right (2)	Q C	Q C	Q C	Q C	Q C	H	Q	C	M	RA	
	34	Wall Run - Left (2)	Q C	Q C	Q C	Q C	Q C	H	Q	C	M	RA	
	35	Wall Run - Right (2)	Q C	Q C	Q C	Q C	Q C	H	Q	C	M	RA	

Competence Area:					Comments
Muscle Ups (3 Marks)	<b>Muscle Ups</b> - Men - 1 set of 3 clean muscle ups / Women – 1 clean muscle up				
	36	Muscle Ups (3)		M	RA
Climb Ups (4 Marks)	<b>Climb Ups</b> - Men 1 set of 10 climb ups on a flat wall / Women 1 set of 5				
	37	Climb Ups (4)		M	RA
Pushing Chain (3 Marks)	<b>Pushing Chain</b> - Men 40 strict push ups in 90 seconds / Women 20 strict push ups in 60 seconds. Chest to floor, straight arms at top.				
	38	Push Ups (3)		M	RA
Traversing (5 Marks)	<b>Traversing</b> - Men 10 metres / Women 5 metres - Traversing along a flat wall with a climb up at the end in both directions				
	39	Traversing (5)		M	RA
Run (5 Marks)	<b>Run</b> - 5km - Men 25 minutes / Women 28 minutes				
	40	5km Run (5)		M	RA
Quadrupedal (5 Marks)	<b>Quadrupedal Locomotion</b> - Men 400m in 20 mins / Women 300m in 20 mins				
	41	Quadrupedal Locomotion - 400m/300m (5)		M	RA
<b>Total Marks</b>					<b>Competent / Not yet competent</b>

## Assessor Feedback

Post session discussion to clarify observations and fill any gaps

Element Number	Feedback

Learner signature:		Date:	
Assessor signature:		Date:	
Internal/external verifier signature:		Date:	

## Reassessment Record

If learners are unsuccessful in achieving any aspects of the assessment components of the qualification, they are required to be presented with two opportunities for reassessment. This record is to be used if learners are unsuccessful in the completion of any assessment. Learners who have successfully completed a reassessment can only claim certification through Parkour UK.

First Reassessment			
Learner's name:			
Assessor's name:			
Reassessment date:		Venue:	
Outcome (please circle):	Competent	Not yet competent	
Feedback			
Learner's Action Plan			Completed by:
Learner's signature:			Date:
Assessor's signature:			

Second Reassessment			
Learner's name:			
Assessor's name:			
Reassessment date:		Venue:	
Outcome (please circle):	Competent	Not yet competent	
Feedback			
Learner's Action Plan			Completed by:
Learner's signature:			Date:
Assessor's signature:			
Internal Verifier signature:			