

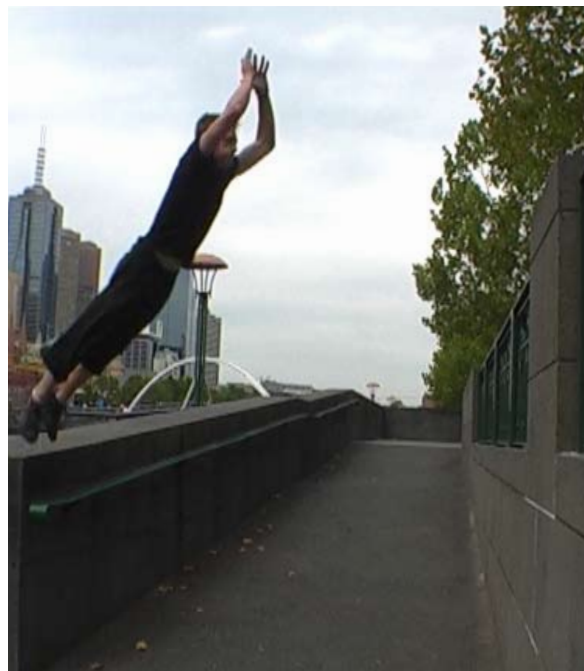
### **PURPOSE**

The arm jump is a technique used when the distance/height between the take off point and the intended destination is too far to simply jump onto. They can be performed from standing start or a running jump, onto walls that are level with the take off point or higher.

### **METHOD**

Can be performed running or standing, for this demonstration it will be performed standing.

- > Begin by positioning yourself on the edge of the take off point and perform a standing jump towards the obstacle (see precision jumps for correct standing jump demonstration).

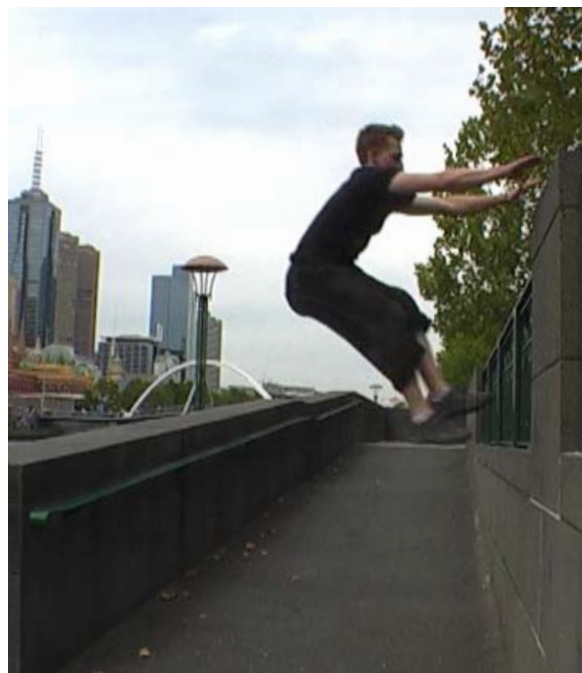


- > As with Precision jumps you need to correct your posture in the air so as to affect a safe landing.
- > Bring the knees forward and start to prepare to bring the feet forward of the body.
- > Your arms should be positioned in front of you prepared to grip the lip of the wall.



- > The legs should ideally be in a forward position, leading the body and making first contact with the wall. Though this can be dependant upon the distance you need to cover. Shorter distances tend to have you making contact with hands and feet simultaneously.

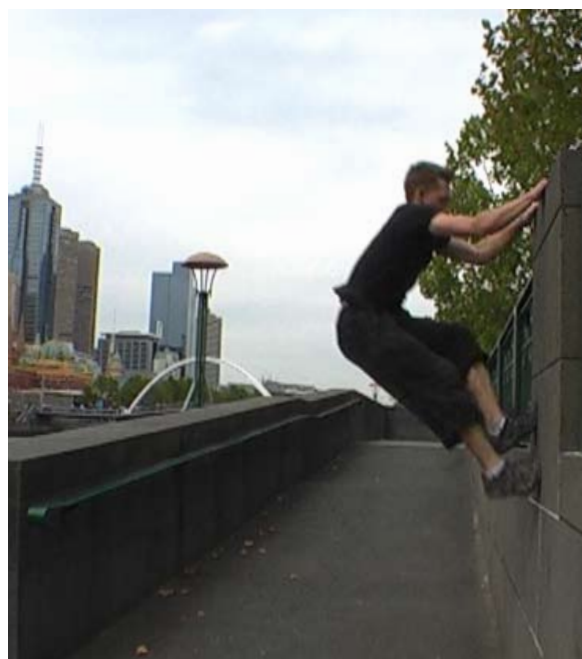
However on longer jumps your legs should contact with the wall first, as they are the most effective limbs for absorbing impact in this movement.



- > As your fingers grip the lip of the wall, you feet may either stick to the wall or slide.

This is usually dependant on the surface you are jumping onto and the angle you jump onto the wall.

- > Depending on the specifics of the arm jump slides can vary between a few centimetres to a full extension of the body and arms.
- > Try and use the arms and any friction from the feet sliding to slow and control your descent.
- > Slides are not a sign of poor technique, with practice you will start to understand when they are appropriate to use.



Be wary of landing with the feet too high on the wall. Landing with the feet very close to the hands tends to compress the body tightly, leading to you falling off the wall.

When jumping to the wall also make sure that you arc into the landing as you do with a precision jump. Failing to do so usually leads to increased impact on the ankles and possible injuries.

As you can see from the picture above, the feet are landing split apart. When you land like this it helps absorb impact more effectively and lets you slide more easily if your feet end up landing high. By sliding you reduce the chance of falling because you do not end up compressing the body so much that it rebounds off the wall

- > When the feet do stick and there is no slide avoid knocking your knees into the wall by hanging from your arms. Trying to cling close to the wall will result in you knocking your knees.
- > Landing with split feet or feet together is personal preference, some people feel safer landing with split feet as demonstrated in the picture.



- > When landing also be aware of how you knees track. Try and keep them in front of the body. Avoid twisting them to the side. On larger jumps this can cause damage to the body and the larger impacts run the risk of hurting you if the body isn't well aligned for a landing.



After you've successfully performed the arm jump perform a climb up and continue on your way (see climb ups).

### **PROGRESSION**

Initially train with no gap, find flat ground with a wall in front and arm jump from the flat to the wall, increase the distance until you're comfortable with the technique.

Practice both standing and running arm jumps. Also practice running arm jumps taking off from your 'other' foot as well as your favoured foot. Practice on all angles and surfaces, these can greatly alter the technique. Land with the use of only one arm, try and climb up with just one arm. Try arm jumps that have a take off point that is level with the grip point on the other side.

**IMPORTANT!** Parkour is not a set of moves or tricks, there are base techniques that are used regularly but are not the "moves of Parkour". They can be varied and changed to suit a particular situation or environment. These are designed to give you the building blocks to go out and innovate and find your own way of doing things. As long as the application of speed and efficiency are observed, you are applying the principles of Parkour. Remember, Parkour is more than just the movement, it's the philosophy that makes it unique.