

PURPOSE

Used to get up over a wall either with a run up, a dead hang or from an arm jump. Correct climb up technique will allow you to get up and over a wall quickly when applied correctly.

METHOD

After you have mastered climb ups with an over grip you will eventually need to learn them on walls that do not allow you to start with an over grip.

The technique is much the same, but there are a few minor variations to assist in helping you. Unfortunately this is a technique that will require a degree of strength from the fingers. Something you will have to train by practicing hanging off walls.

- > Whilst hanging by the hands place the feet on the wall in a split foot position, one foot slightly above the other.
- > Make sure to hang at full stretch.
- > Many people start with the arms flexed. This actually makes it more difficult as you cannot push into the wall very well, and as you will be using your legs to start the movement you want to be able to use them effectively.
- > From here you need to use the legs to start the movement. It is common misconception that a climb up is all in the arms. The majority of your power comes from the legs. (You can do climb ups using just the arms, but that is an advanced technique.)



- > Hold tightly to the wall and push hard with the feet, actually pushing **into** the wall. A common mistake many people make is to push **down** the wall, this results in the feet slipping down the wall and a failed climb up.
- > Make sure that when you pull up the wall you do so explosively, do not try and pull yourself up slowly. If you lack strength and control you will slip down the wall.
- > Once you reach a certain point in the pull you will need to reposition the hands to complete the climb up.
- > The most common method is to hop the hands forward as you reach the point illustrated opposite.
- > Make sure as you reach this point that the head and chest are moving over the top of the wall. You will not be able to climb up if you hold your upper body away from the top of the obstacle.



If you do not have the co-ordination or strength to complete the move then practice it in reverse.

Start from the upright position and lower into the arm jump position. Make sure that when you lower yourself that your feet do not slip more than a couple of inches down the wall. If your feet are sliding down the wall too far you will find it difficult to master the climb up. By doing this you build strength and co-ordination. It assists the body in understanding the movement needed to get back up the wall.

Avoid placing elbows on the wall to help you up, this is a bad habit that leads to damaged elbows.

PROGRESSION

Try walls with different surfaces: grippy, slippery etc. Use the legs less and less, until you can limb up using just your arms.

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.