

PURPOSE

Used to move vertically (in the majority of cases), both up and down. Climbing is a fundamental skill of Parkour, and, as with other fundamentals, you can always improve. Climbing builds general strength, endurance, agility and coordination.

METHOD

Climbing is not something we can teach you through a tutorial. However, we can offer tips for safety, which are vitally important as you learn.

THREE POINTS OF CONTACT

Always try to have three points of your body secure as you climb. For example, two hands and one foot are securely placed as you move the second foot, or two feet and one hand are secure as you move the second hand as shown below. This ensures a steady base, and should you slip, you are ready to catch yourself, thereby preventing a fall.



TESTING SURFACES

Before applying your weight to a hand/foot hold, test it out to make sure it will hold you safely without slipping or breaking. This way you keep yourself secure, so that if the object you are moving towards is too fragile, it won't cause you to fall, because you'll realise the danger before you apply your weight.

STRENGTH

A good base of all-over body strength, endurance and stamina is important before doing any climbing in particularly dangerous situations (heights, for example). Wherever you go, you need to be able to get down again. It's no use getting half-way up a rock-face or the wall of a building, only to tire or run out of strength.

PROGRESSION

Attempt more challenging climbs, ones that have fewer points to hold onto. Climb for longer periods of time. Change the directions you go in, increase the challenges you give yourself when climbing.

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.