

PURPOSE

A safe landing assist in reducing the wear and tear on joints associated with jumping and vaulting consistently. Landings without rolling are only advised on smaller drops. Once you start to add momentum and height into the equation it becomes necessary to roll.

METHOD

You might think landing is fairly self-explanatory. However, like any fundamental movement used in Parkour, landings are a crucial technique that need vigilant practice and an examination of technique, in order to be both safe and effective.

- > A focus on the placement of the feet on the ground is important. You aim to land on the ball of the foot down (between the toes and the arch of the foot).

Not the toes, **not** the heels, and **no** flat feet.

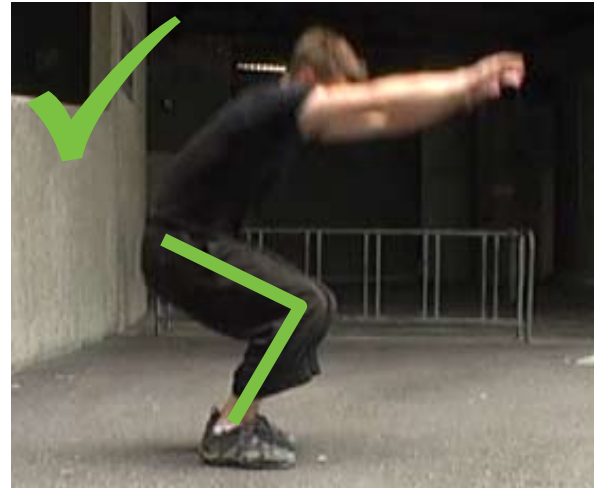


- > From the ball of the foot being placed down, the heels can roll down towards the ground. Depending on the impact you are taking through the feet, this may or may not be necessary (a drop, for example, would be a good time to roll the heel down, as opposed to landing from a vault without a significant drop afterwards, where it may not be quite as important).

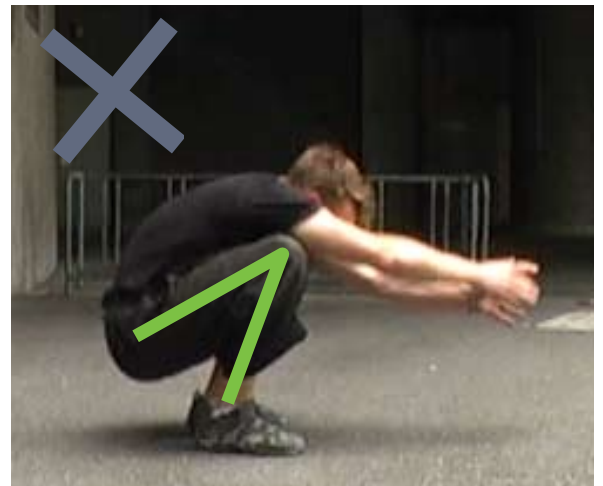
There is no strict rule about this; it's an awareness you have to build within yourself over time.



- > Another point for consideration is bending in the knees. As a general rule, the knees should never bend to an angle less than 90 degrees, assuming straight legs are 180 degrees.



- > This is because at such an angle, a great amount of shearing force is placed on the knee joint, which can cause damage over time.



- > This does, however, depend on the movement involved. For example, when performing a roll, your knees will naturally travel past the angle of the foot. But your body will be at such an angle that the forces upon the knee are not so much in play. You cannot perform a roll without the knees going past the toes.
- > When using hands in a landing be aware of not using them to absorb large amounts of shock, they are for guidance for the most part.



When landing with precision (upon a thin wall, for example), a great amount of control is required. This takes time to develop.

If you are aiming to stop on the object in question without toppling forward you may need to sink down through your feet. Instead of letting your body weight carry you forward. If you keep your centre of balance high, it is much more difficult to control any momentum carried over from the jump, than it is if you sink down, bending the knees.

With regards to the 90 degree rule, you will find many differing opinions on whether it is accurate or not. We are providing one here. You are encouraged to do your own research and come to your own conclusions regarding what you will chose to do in the end.

PROGRESSION

Adding height and speed. You will find as you add these elements to the landings you will need to roll to absorb the shock.

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.