

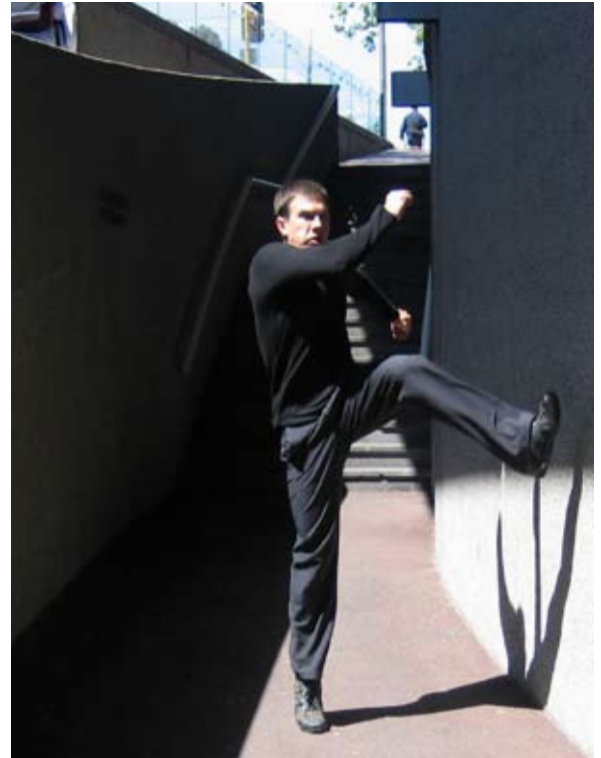
PURPOSE

Often used to gain height by jumping from one wall to another, to clear objects and to allow quick redirection of momentum.

METHOD

Find two walls close together or a wall that has an obstacle next to it that you can vault.

- > Approach the wall at a controlled pace on an angle of approximately 30 – 60°, choose a point you want to jump for and place your foot. The higher you the foot placement you choose the more lift and distance you will achieve.
- > It will take some experimentation to find the optimal foot placement height for your body and ability level. Too high and you will not get very much lift, too low and you will not get much distance.



- > From here it is important to propel yourself up with the jump off the wall.



- > A common habit people fall onto is that of redirecting themselves directly at their target. This increases the impact/force you will hit with. Notice how the trajectory is lower in the picture opposite.
- > Try not to jump directly at the target, you need to try and arc onto the target. Much the same as precision or Saut de bras.



- > In this example the trajectory is higher because the head is pointing in the direction you wish the body to go and the drive from the leg off the wall is stronger as there is greater commitment to the movement.
- > Make sure to point the chest and shoulder at the target you are aiming for, this allows for a clean landing.



- > Another common fault is that of 'spanning'. This involves the individual getting their hands on the opposite wall before their feet have even left the first wall.

By giving yourself some lift with your Tic Tac you allow for a better landing and more time to prepare and adjust for the obstacle should you need it.



PROGRESSION

Train both sides of the body, there should be no 'bad side'. As you get more confident try and push up the height and distance of your Tic Tacs. Practice on different surfaces. Do not isolate your training to just 'nice' surfaces. Learn to adapt to all types of surface.

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.