

PURPOSE

Used to overcome obstacles that are too high to simply vault. There are many variations that all use the same basic method to get the initial height and momentum.

METHOD

- > Approach the obstacle at a pace comfortable to you and gauge which foot is going to hit the wall (in this demonstration the right). Try and avoid favouring a foot.
- > When approximately one stride away from the wall raise your right leg up and prepare to jump off the left.
- > The point at which you contact the wall is important. Too high or low and you will not get optimum height from the technique.
- > As a general rule you should contact the wall with your foot the same distance up the wall as the distance your take off foot is away from the wall.



- > Landing the foot on the wall too low can lead to your foot slipping and your chest and face slapping into the wall. This is usually caused by either taking off too close to the wall, or too far away.

Aiming too low on the wall is a common mistake made by beginners.

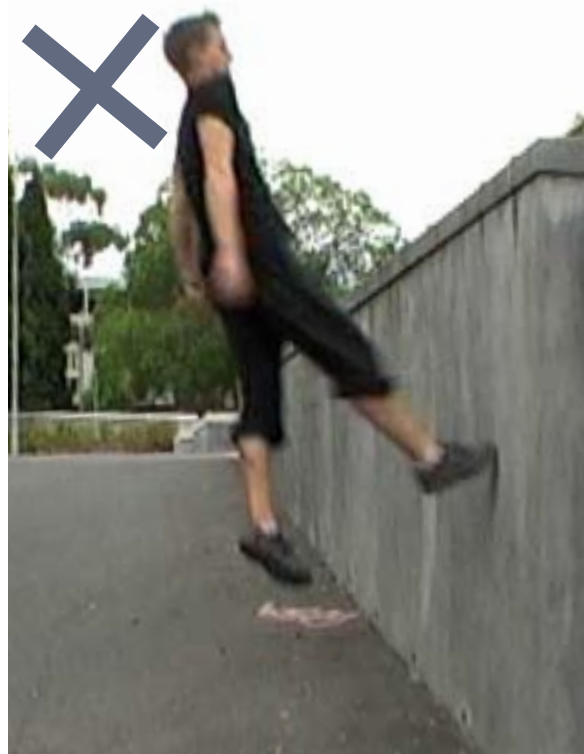


- > Aiming too high on the wall reduces the ability of your legs to generate power and propel you up the wall.

As with most things, experimentation will reveal to you the optimum point to aim for on the wall.



- > For some people attempting higher walls it is usually beneficial to not even worry about trying to grip the top of the wall.
- > Start at a slower pace and slowly build it up, rather than trying to sprint at the wall.
- > Rather than trying to grab the wall just push upwards and get a feel for the height you can get, maintain body control while doing this, don't use so much power that you cannot perform a controlled landing.
- > You don't have to keep the hands by the side as the picture demonstrates, you can raise them towards the target if you wish.



- > This initial push from the foot will gain the majority (if not all) of your upward momentum. It is therefore important that the foot strikes the wall correctly.
- > Attempt to get the ball of the foot on the wall.
- > After the initial push, depending on the obstacle and your own skill/preference, you may be able to get one or two subsequent steps on the wall that can increase your height.



- > Avoid hitting the wall with just the toes.
- > When the first foot hits the wall take note of how much sound it makes. If you are hearing a loud thump it usually indicates that all of your energy is being directed into the wall, rather than being used to propel you up the wall. If you do not hear much sound at all it is a good indication that you are taking your energy and directing it to push you up the wall.



What you are attempting to accomplish with the Passé Muraille is using the energy you generated running at the wall and redirecting it up the wall.

Dependant upon the height of the wall you will now either be in the full hang Saut de Bras or various Saut de Bras positions. Try to avoid pausing in any positions or getting your body up a wall and dropping back into the Saut de Bras position to reset. Keep going over the wall as quickly as you can.

Perform a Climb Up and continue on your way (see Climb Ups)

On obstacles that are slightly too big to vault, you can use the Passé Muraille to gain height and then simply vault over.

PROGRESSION

Practice on a high flat wall and just try tapping it as high as you can, trying to beat the height reached each time.

Try the technique on all different surfaces and shaped obstacles.

When doing Passe Muraille try doing all sorts of vaults when you get to the top of the obstacle: Saut du Chat, Passement, Demi Tour, etc

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.